

## At Home Gross Motor and Visual Motor Activities (2021)

Gross motor skills are the use of our larger motor muscle groups to make big movements like running, walking, and skipping. Your child should be able to skip fluidly by kindergarten.

Visual motor skills are the ability to move your eyes in your head. They include convergence (pulling eyes together to look at something near), divergence (moving eyes out to look at something far), smooth pursuits (tracking a moving object) and saccades (looking from one still object to another). Visual motor is different from visual acuity (how clearly you see) and visual perception (what your brain does with what your eyes see). Visual motor skills are in development up to the age of seven (7), so this is a great time to provide activities that encourage visual motor skills.

### Gross Motor Development Activities

The language to encourage a child to skip is simply “Step, hop.” They “step hop” on one leg and then the other.

Encourage your child to hop, skip, heel toe walk, tip toe walk, heel walk, zig zag walk for 20+ feet each movement. When going from place to place (car to store, house to garage) have your child use a different one of these gross motor skills.

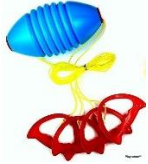
The activities on the Motor Planning page are also great for developing gross motor skills.

### Visual Motor Development Activities

Balloon volleyball is a great way to encourage visual tracking.

Using your nose to keep a balloon up in the air also encourages visual tracking.

Zoom ball is a great visual tracking game and is also great for motor planning.



Near/far letter or picture charts. Have your child find a picture/letter in a book and then one in the environment or on a poster 10-15 feet away.

“Can you find a” during car rides. Have your child look out the window looking for different objects, letters, numbers, colors.

Using a laser light, write letters/numbers/words on the ceiling while lying flat on your back on the floor, and have your child guess what it is. Then let them write with the laser light and you guess.