

## At Home Motor Planning Activities (2021)

Motor planning can be broadly defined as the capacity to plan the necessary steps to achieve purposeful movements. All motor planning development activities should be kid-friendly and fun for your child.

**Yoga** - Making your body pose/position look like someone else's is great for motor planning development. At first when you start with this activity, it is okay to give your child feedback on how they are doing verbally, showing them visually with your body, and helping with your hands to get them into the right position. Over time, you want to start to take one of those ways you are helping away to see if they are beginning to process how to motor plan these poses more on their own.

**Animal Walks** - Have races around the living room walking like a bear, crab, frog, or snake. Or you can go on a treasure hunt from your own living room but make it a rule where you must walk like a certain animal. Or to challenge them, have them come up with a way to walk like a specific animal!

**Simon Says** - You as the parent can start off by being Simon and holding different poses such as standing one foot in front of the other and one hand on top of your head. The sillier the better! Do not stress as much about your child following the rules of the game, but rather more on challenging their bodies to replicate what you are showing them.

**Obstacle Courses** - You can create a sequence of stations your child has to go through such as kicking a ball to knock down a block tower, followed by frog jumping towards 3 different targets, and then finally pushing a weighted laundry basket around 2 obstacles. You can challenge them by changing up one part of the circuit each time such as making them jump sideways to the targets instead of forwards. Another challenge could be having them come up with their own tasks and you have to do the course!

**Pool Noodle jump** - Cut up pool noodles lengthwise and lay them on the floor in different directions. Ask the child to jump from noodle to noodle landing with their feet on either side of each noodle.

**Hallway Tape** - Navigate through a hallway of tape (stuck to each side of the hallway) at various heights/directions

**Indoor foot volleyball with balloon** – In crab walk position, keep balloon up with feet only

**Balloon tap patterns** – Keep a balloon up in the air by using different tapping patterns. Simple patterns start with left-right (using hands), then can graduate to using elbows, knees, feet, nose, head. A more complex pattern would be left hand, nose, right hand, left knee. Have them speak the body part out loud when they are tapping to strengthen their right/left awareness.

**Side walk chalk**-draw activities to run through, hop through, or go around on the sidewalk.

**Swimming** – learning to swim requires strong motor planning skills. Children should learn to swim for safety and for fun. Hold off on competitive swim opportunities until your child has mastered swimming for safety and fun.

**Angels in The Snow (or grass)** - Have child lay in the grass. Child tries to move body part or parts, that adult or another child points to or names. Lie in grass and try to make letters or numbers by moving body parts.