

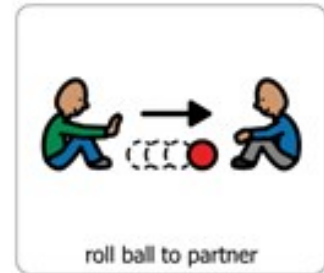
Gross motor games:

Top tips:

- Gross motor skills develop through **practice** and **repetition**,
- **Stress and frustration** can be relieved and released through physical activity
- **Daily routine:** is there a time of day when it is generally possible for you to focus on your child for 10 minutes?

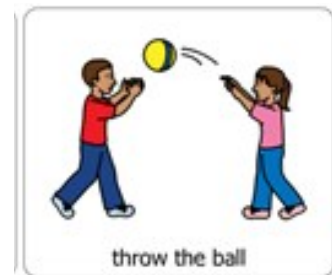
1. Rolling A Ball

- Sit opposite your child on the floor with legs apart and encourage your child to do the same.
- Roll the ball to your child slowly.
- Your child needs to try and stop the ball before it hits his body. This means they will be watching the ball carefully and then coordinating their hands to stop the ball at just the right time.



2. Passing and Gentle Tossing:

- Start quite close to your child and gently toss the ball/pair of socks.
- Move back 1 step and continue to gently throw.



3. Balloon Tennis

- Swatting a **balloon** into the air and **keeping it up in the air**



4. Animal walks- walking across the room like different animals

- Bear walk
- Frog jump
- Bunny jumps
- Slivering snake



5. Wheelbarrow walks

- Hold onto your child's legs and encourage to push up onto their hands
- Can support by holding their hips if require more help.



6. Dancing

- 'GoNoodle' Youtube
- 'Shake your sillies out'
- Freeze dance
- Hokey Cokey



Note:

After periods of activity, engage in calming activities such as: squeezes, squashes with pillow, deep breathing, wall/table push ups.

