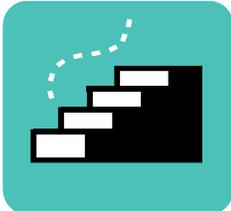


TIPS FOR GROSS MOTOR SKILLS

CONTROL OVER LARGE BODY MOVEMENT, EX: ARMS AND LEGS

	<p>Show your child how to walk up and down stairs carefully.</p>		<p>Play dancing games (Ex: Freeze Dance).</p>		<p>Have your child help you paint outdoors with water.</p>	<p>Play a fast movement game like freeze tag or regular tag.</p>
<p>Make or buy your child a jump rope.</p>		<p>Create your own obstacle course and have your child practice going through it.</p>	<p>Play command games (Ex: Simon says sit down, Simon says stand on one foot).</p>	<p>Practice walking on a line drawn with chalk.</p>	<p>Toss and catch a beach ball.</p>	
	<p>Play a game of hide and seek outside.</p>	<p>Have your child throw balls of used paper in the trash can when cleaning (overhand and underhand).</p>	<p>Provide your child with matching games that use the whole body (Ex: Twister).</p>		<p>Expose your child to different dance styles and types of music.</p>	<p>Make a bean bag to catch and throw. Fill the toe of an old sock with dry beans. Sew the remaining side. Play "hot potato:" or simply play catch.</p>
<p>Make bubbles. The recipe is 3/4 cup of dawn dish washing liquid and 8 cups of water. Use straws to blow bubbles on a cookie sheet or make a wand by stringing two pieces of a drinking straw onto a string or piece of yarn.</p>	<p>Play bucket hoops. Have your child stand about six feet away and throw a medium size ball at a large bucket or trash can.</p>		<p>Play simple ball games. Use a large ball and slowly roll it toward your child. See if your child can kick the ball and run.</p>	<p>Encourage your child to put on his own clothing.</p>		<p>Provide areas to run, jump, hop, play ball and ride a tricycle.</p>
	<p>Can your child: hula hoop, jump rope, hopscotch, dance to a song?</p>	<p>Can your child walk up stairs alternating feet without help?</p>	<p>Can your child: Throw a ball? Catch a ball? Kick a ball? Kick a ball back and forth?</p>		<p>Does your child fasten his car seat without help?</p>	<p>Can your child pick up large items without difficulty?</p>