

Let's Get Active!

Do one fine motor and one gross motor skills activity every day!

Choose from the ideas below. Remember that you can do each of them more than once.

Gross Motor Skills Activities		
How many different types of jump can you do? Pick our favourite and see how many you can do 1 minute? Try again, can you beat your score?	Draw a hopscotch grid with your chalk and play the game.	Find a ball or something else that is safe to throw. Throw and catch 10 times with another person and 10 times on your own.
Hop as far as you can in 1 minute. Have a rest then try again. Did you go further? Now jump as far as you can in 1 minute. Which is easier?	Hold out both your arms at shoulder height. From your fingertips, make small circle shapes, starting small and getting bigger until you can make bag spiral shapes.	Put some music on and create your own dance routine. Include a jump, a spin and some marching!
Watch a Cosmic Yoga video with an adult. https://www.cosmickids.com/category/watch/		

Fine Motor Skills Activities		
Find something that stacks (Lego, boxes from the recycling, etc.) and build a tower. Is it taller or shorter than you?	Use a knife and fork to cut food for yourself and for someone else in your family.	Find some paperclips and join them together. How many can you join in one minute? Find something longer and something shorter than your chain.
Use you playdough to make faces. Remember to roll, pinch and squeeze the dough to use all your muscles.	Ask an adult to wrap loom bands or elastic bands around a toy. How quickly can you take them all off?	Make some counters by cutting small shapes from paper or recycling materials. Keep them for counting games!