

Ideas For Your Child To Give Him/Her A Motor Break

Motor Tasks:

- Have him fill a plastic grocery bag with toys, items and carry it to a location and take things out, placing them in a specific order or configuration—stacking cans of soup, putting them in a line, matching things by color/size
- –Have him move his chair from one area to another to continue some work
- –Have him use different positions to complete work: squatting, hands and knees, laying on tummy, standing (tape papers on the refrigerator and have him complete there—coloring, magnets, etc.)
- Have him stand on sofa while holding hands and bounce counting to 10 with one count on each bounce
- Have him do hula hoop activities as a reward or break: lay hoop in on the floor and step in/out, hands held jump in/out, hold it vertical to floor and have him crawl/walk thru, roll to you.
- Have him put on and take off clothespins on a heavy plastic cup
- Have him string beads/do play dough
- If you have a syringe like an ear or nose syringe, have him suck up water and transfer it to another cup
- Hide pennies or small toys in play dough or silly putty
- Duplicate 3 or 4 block design (a bridge or door)
- Climb up onto a stool and do refrigerator magnet numbers/letters (group in colors)
- Placing items on outside steps and have him or you or Mom carry a bucket and he collects and places in bucket as he ascends
- Paint with a brush or finger paint
- Throw bean bags thru the hula hoop, into a bucket or trashcan
- Blowing bubbles

- Class room Pegs Activity
- Open doors for you as you come in and out
- Tear pictures out of magazines or newspapers and paste them onto construction paper
- Draw a smiley face
- Trace his name
- Practice large buttons on an adult sized sweater

Brenda Jennette, OT

Alice Luck, PT

3/3/2006