Motor Skills Activities

Gross Motor Skills Activities

Games using soft balls

Wheelbarrow races (using brothers or sisters, not real wheelbarrows!!) under supervision!

Bubbles

Badminton

Star jumps

Hoops

Doing the Hokey Cokey

A drawing of a cartoon character

Description automatically generated

Fine Motor Skills

Any craft activity

Jenga

Dominoes (making queues with them and knocking down)

Dot to dots

Spot the difference

Tearing paper activities

Lego

Jigsaws

Perfect with some calming music on in the background.