

Motor Planning and Equilibrium Stimulating Activities

Walking the Line

- Have the child walk along a rope placed on the tactile path
- Have the child walk along a beam, which is placed, on the floor
- Have child hopping along the rope on the floor
- Have child hop or jump over the rope on the floor

Roll and Bounce that Ball on the Wall

- Using a large exercise ball, have the child move the ball along the wall by having the child's stomach do the moving
- Have the child now bounce body against the ball so that the body is bouncing against the ball and wall in a back and forth fashion

Follow the Leader Walks

- Animal walks on the indoor tactile path using alternating legs which ever the leader chooses (elephant, crab, duck, rabbit, frog, kangaroo, bear, etc)
- Choo Choo walks with the engine leading the train along the path

Pushing the Object Games

- Using broom push an heavy object along the indoor tactile path
- Use a bat, yardstick, or dowel rod to push beanbags along the path
- Use other heavy objects to be pushed along the path

Other Motor Planning Activities

- Jumping rope
- Crawling under objects, through objects, over objects, etc.
- Statue game – quick change of positions
- Simon Says
- Obstacle course
- Scooter board games
- Kicking balloons or balls, soccer
- Jenga
- Jacks
- Battleship
- Connect Four
- Pick-up Sticks
- Card games
- Mazes
- Connect the dots
- Tangoes
- Perfection
- Jigsaw puzzles
- Building activities – legos, blocks, etc
- Household chores – setting the table, match/put away silverware, do dishes (as able), help with laundry (sorting, folding, matching socks), help with baking (measuring pouring, mixing, kneading and putting dough in/on pan)