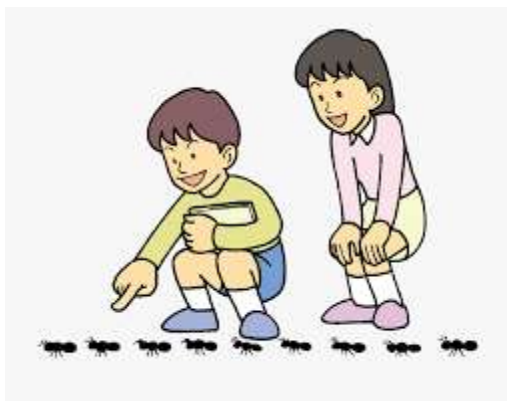


Super Mover Activity ideas

Try to play, watch TV, look at books or iPads in a variety of positions each day.



If you are able, take your child for a walk. This is good practice for walking, stamina, balance and coordination. Try walking up and down steps, down curbs, over hurdles and over uneven surfaces for example grass or gravel.



In the garden encourage bending down to look under bushes or stones to pick up items like leaves, stones etc. Inside hide toys under the sofa or the coffee table.



Support your child to sit on different equipment. For example, sitting on the edge of a bed with no back support, a low stool, on a roll or bench. NB. Feet on the floor is easier



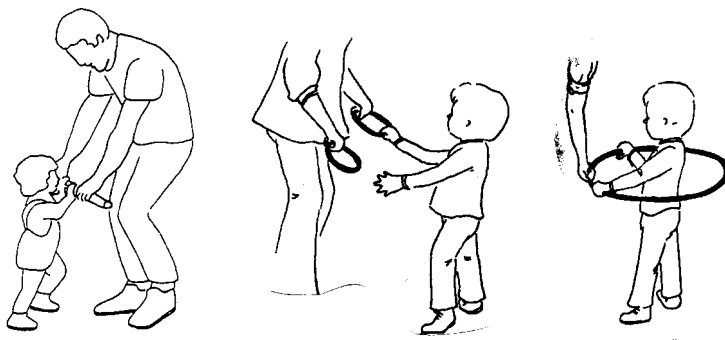
If you have steps in your house you could try challenging your child to walk up and down the steps, with as little support as is necessary (e.g. one handheld, holding a handrail etc.)



Use tabletop activities or an easel to encourage your child to stand up, reach for and explore activities. Outside, paint walls with water and a big brush, use fridge magnets to encourage standing or kneeling. You could also encourage standing in your daily routine, for example when brushing teeth.

Using a ball, bean bags or small soft toys, you could practice throwing items into a bucket or similar container, support your child to bend and pick up the object and aim to throw.

Where possible try to give your child as little support as is necessary, whilst also ensuring their safety.



Some of these may be suitable for your child

Lots of nice ideas for movement skills at <https://www.toolstogrowot.com/therapy-resources/gross-motor>

Any queries please contact Erika or Kirsteen

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