

activities for MOTOR & PHYSICAL DEVELOPMENT

The Motor & Physical Stage of Development encompasses all of the elements that make up a child's overall health status, including gross and fine motor skills, vision and hearing, and nutrition.

You can help support your child's Motor & Physical development with these simple activities.

1

Prepare healthy meals and snacks together and encourage your children to try new foods by letting them help you cook.

2

Have open playtime outside so your children can run and jump, skip and crawl, climb and explore in a variety of environments.

3

Use the bathtub for sensory play by adding different types of toys, such as LEGOS or pom poms.

4

Help your children learn to use kid-friendly scissors by putting a sticker on their thumb and telling them to keep the sticker facing up.

5

Practice balancing by taping lines on the floor in different ways – straight, zig zag, curvy – and ask your children to walk along the lines.

6

Set up an obstacle course using chairs, pillows, tables, stuffed animals, blankets, or anything you can find. After a few rounds, change the route.

7

Pretend to be different animals: hop like a frog, crawl like a crab, jump like a kangaroo, run like a cheetah.



Wyoming
Department
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Behavioral Health Division

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