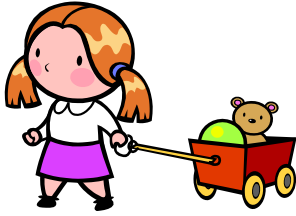


**NOVEMBER FINE MOTOR IDEAS....
LETS WORK ON MOVEMENT AND TOUCH THIS MONTH!**



Why is movement and touch important?

Many young children benefit from **vestibular input** (movement), and **tactile input** (touching different textures). Children need to participate in sensory rich activities throughout the day and every day to help organize his or her behavior, learn new motor skills, and help improve focus and attention. Try providing some of these activities throughout the day and particularly before a challenging tabletop activity. Some of these activities will be calming and some will be alerting.

Here are some suggested classroom activities to help work on this sensory input in the classroom and at recess...

Movement

- Riding a bicycle/tricycle
- Running/jumping/large muscle play
- Throwing and kicking objects (balls, beanbags)
- Climbing on climbing structures, hanging from monkey bars, sliding down the slides
- Carrying, pushing or pulling heavy objects like helping around the classroom/house with carrying, pushing, pulling chairs, books, etc.

Touch

- Playing with clay, play dough, or putty
- Doodling in shaving or soap foam
- Digging and playing in sand
- Finger painting
- Playing with bubbles (the wand often gets gooey and drippy)
- Drawing with sidewalk chalk outside on the concrete or asphalt
- Craft activities that need glue and paint
- Waterplay – place toys and dried rice noodles in a tub or bucket of water and have your student explore with his hands or tongs.
- Searching for small toys in a bucket/bin of dried corn, beans, rice