

Wiggle, Squiggle, Giggle & Learn!
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Love to Learn Conference
March 5, 2011

GROSS MOTOR GAMES AND ACTIVITIES:

- Develop core strength
- Develop balance/coordination
- Develop bilateral skills
- Develop eye-hand coordination
- Develop visual tracking
- Develop body and space awareness
- Provide sensory activities
- Can be used to teach other learning areas

When can gross motor activities be used?:

- Circle Time: kneeling and lying on stomach propped on elbows
- Motor Time: moving backward, twirling, animal walks
- Recess: climbing and ball play
- Transitions: marching, stomping, moving backward
- Center Time: kneeling, jumping games, beanbag games

FINE MOTOR GAMES AND ACTIVITIES:

- Develop eye-hand coordination
- Develop visual tracking
- Develop hand strength and stamina
- Develop tool use
- Develop bilateral skills
- Develop midline crossing skills
- Develop hand dominance
- Develop sensory acuity
- Encourage exploration and tolerance for sensory input

When can fine motor activities be used?:

- Circle Time: finger plays; drawing with fingers; choice boards
- Motor Time: bubbles, ribbon sticks
- Snack Time: using utensils; pouring
- Center Time: sensory table; vertical surfaces; craft and building centers
- Recess: sandbox; swinging

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Shake, Rattle, and Roll

Materials: Empty, plastic beverage bottles, bean bags or indoor balls, beans or rice

Learning Areas:

- Gross Motor: ball skills, strength and balance
- Fine Motor: eye-hand coordination, visual skills, hand strength
- Math: position and direction words, counting
- Social and Emotional Development: turn taking
- Creativity: music and rhythm, musical instruments
- Sensory: explores and tolerates sensory input

Happy Hammering

Materials: Toy hammer, golf tees, Styrofoam

Learning Areas:

- Fine Motor: eye-hand coordination, tool use
- Math: rote counting and counting objects
- Early Writing and Reading: forms/recognizes shapes/letters
- Creative Expression: art media, imaginative play
- Language: learns songs

Beanbag Boogaloo

Materials: Beanbags, small stuffed animals, buckets

Learning Areas:

- Gross Motor: strength, coordination, balance, body awareness, ball skills
- Fine Motor: visual skills
- Math: position and direction words
- Language: follows directions, vocabulary

Pick 'Em Up

Materials: Tools (tweezers, tongs, etc.), items to pick up (cotton balls, pom-poms, small blocks), containers

Learning Areas:

- Fine Motor: eye-hand coordination, visual skills, hand strength and stamina
- Math: matches and sorts, counts, groups, puts in order

I Walk the Line

Materials: Hoops, foam shapes, strings

Learning Areas:

- Gross Motor: strength, stamina, balance, coordination, body in space
- Fine Motor: eye-hand coordination and visual skills
- Early Writing: forms shapes and letters
- Math: learns shapes and direction words
- Language: follows directions

Pinching Pennies

Materials: Coins, poker chips, checkers, plastic container with a slit in the lid

Learning Areas:

- Fine Motor: eye-hand coordination, visual skills, hand strength and stamina
- Math: matches, sorts, puts in order, counts, groups, direction words, patterns

Over, Under, Through

Materials: Yard stick, broom stick, or rope

Learning Areas:

- Gross Motor: strength, balance, body and space awareness
- Math: position and direction words
- Language: follow directions and auditory memory

Round and Round We Go

Materials: Metal pie pan, cookie sheet, other flat-bottom containers, small ball

Learning Areas:

- Fine Motor: eye-hand coordination, visual skills
- Gross Motor: coordination and strength
- Math: shapes
- Early Writing: tools, forms shapes
- Language: learns rhymes

Hey Batter, Batter!

Materials: Balls on strings (Whiffle ball, balloon, or tennis ball in a sock), bats (cardboard tube, 18" long swimming noodle, or rolling pin)

Learning Areas:

- Gross Motor: strength, stamina, coordination, balance, ball skills
- Fine Motor: eye-hand coordination, visual skills, hand strength and stamina, tool use
- Language: recognizes and creates rhymes

Magnet Maze

Materials: Plastic lid, 2 magnets

Learning Areas:

- Math: position and direction words
- Language: follows directions
- Fine Motor: eye-hand coordination and visual skills
- Approaches to Learning: self-control and self-organization