



LOOK LOOK LEARN, LLC

MOTOR MOVEMENT ACTIVITIES

We're Going on a Leaf Hunt

by Steve Metzger

The story We're Going on a Leaf Hunt, presents fabulous opportunities to work on muscle strengthening, coordination, scissor skills, pre-writing skills, and perceptual 'n body awareness skills. We love activities that bring teachers, teaching assistants, and therapists together to meet kids' goals.

Here are some ideas we hope you will find helpful! Please share with us YOUR ideas & strategies that you experienced so that we may post them on LLL. **Please see our**

FREE reinforcer template sheet below

Leaf Race

- * Using beach buckets or boxes, have children fill the container with leaves and run them to a group pile
- * Children can work in teams and carry one larger box together
- * Two separate teams can race to make the "biggest" pile

Nature Sensory Bin

- * Fill a large bin with items from outside: acorns, leaves, twigs, pine cones, gourds, small pumpkins, etc.
- * Include tongs, scoops, spoons and other utensils for manipulating the items from nature
- * Breaking apart the items in part of the fun!

Leaf Raking

- * Using child-sized rakes, have children work on reaching out with the rake, and pulling the leaves back towards themselves
- * Children can turns raking, while some collect sticks
- * If the goal is to for a pile to jump in, have kids who are not raking remove twigs and branches from the pile
- * Kids can bag leaves by scooping leaves and stuffing them in a paper leaf bag (or directly into a garbage can)

TIP: Have kids wear gardening gloves



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Twig Painting

- * Provide cups of different colored paint at an easel, or table
- * Children use twigs to paint with instead of brushes
- * Try taping a paintbrush to a long branch, and have children paint on paper taped to the floor
- * Children can add their twig to their actual artwork, adhering it with white glue (best for floor/table painting)
- * Try twigs with two ends, dipped in two different colors!

Leaf Snipping

- * Present leaves from outdoors to children, and have them use scissors to snip the leaves
- * See if kids can cut their leaf into a different shape
- * Try "trimming just the pointy parts," or "snip the leaf in half," etc

Tree Ball

- * Have children move a ball using their feet around a tree, over any exposed roots or rocks
- * Try and toss a ball against the tree
- * Use two trees as goals
- * From a set distance, have children kick, roll, or throw a ball so it lands as close to the tree as possible
- * Have several children form a circle around a tree, and pass the ball from friend to friend until the circle is complete: use feet, try tossing, etc.
- * Use twigs to keep score!

Go Climb a Tree!

- * Find a tree that is mature, and strong enough to bear the weight of climbing kids
- * Demonstrate tree climbing possibilities: looking, testing, planning, feeling, being safe, recognizing limits
- * Allow as many children to climb as safely as possible

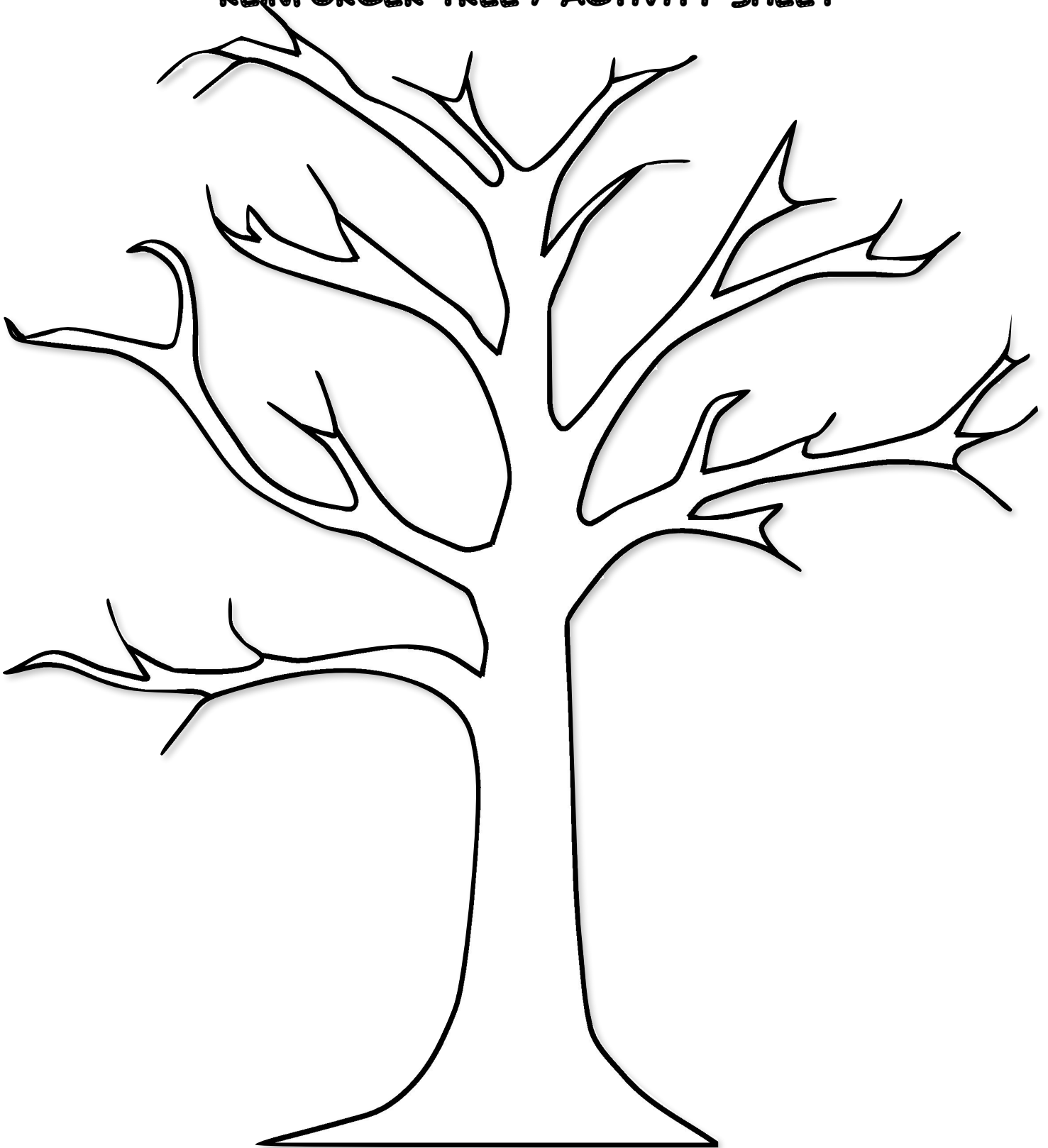
Nature Walk

- * Go on a walk in the woods, or neighborhood to see nature
- * Building an appreciation for nature helps promote outdoor physical activity!



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REINFORCER TREE / ACTIVITY SHEET





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SCISSOR WORK / REINFORCERS

