

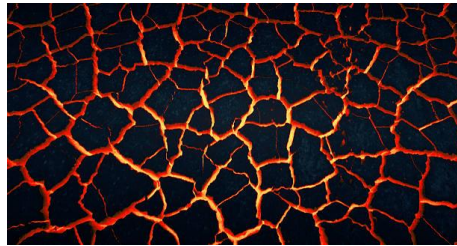
Let's Move!

Volume 8



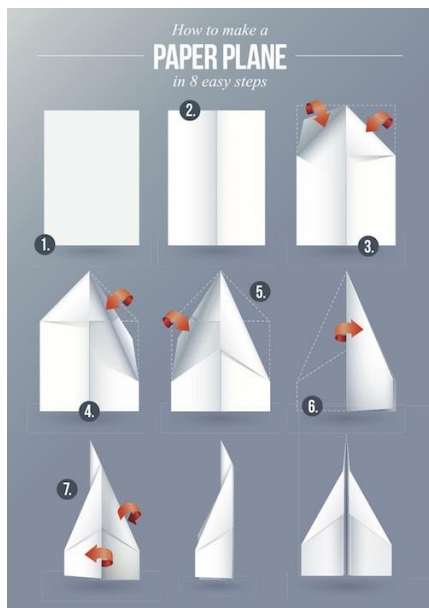
Sensory Motor

Don't Step on the Cracks – Go for a walk with an adult and jump over all of the cracks on the road/sidewalk. Pretend that the cracks are filled with lava.

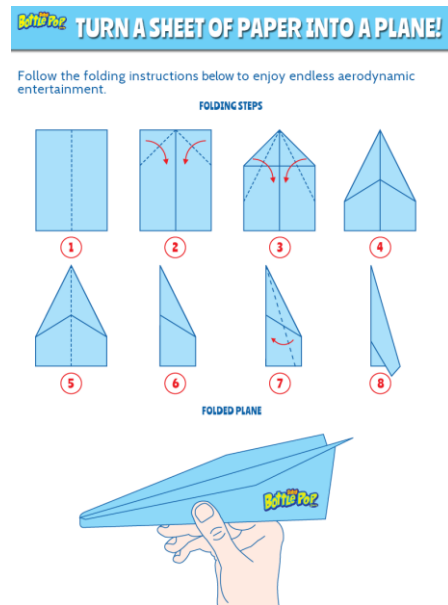


Fine Motor

Paper Airplane



Try both and see which one goes the farthest



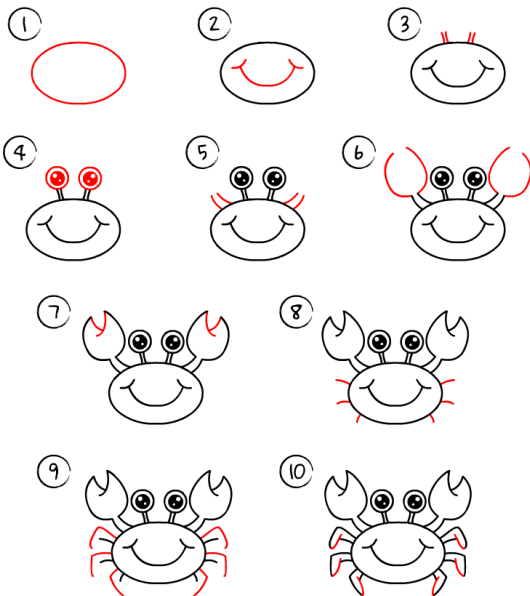
Eye Strengthening

Lawn bowling

Use toilet paper rolls as bowling pins. Try to knock them down with a beanbag, a ball or an old sock filled with sand.



Drawing



Relaxation

Push hands together as hard as possible.
Count to 10



Finish with 3 deep breaths

Try to pull hooked fingers apart.
Count to 10

