

Today's Topics: Gross Motor Skills

Overview and Things to Know:

Practicing gross motor skills will help children learn how to control and coordinate their body movements. Gross motor, sometimes called large motor, skills can be thought of as the movements involved in the coordination of the arms, legs and other large body parts and movements. Gross motor skills are movements such as running, crawling, swimming or hopping. These types of movements are important for young children to practice as they develop because they help children learn how to coordinate and control their body movements. Gross motor skills also help lay the foundation to be able to complete fine motor skill movement such as pinching or grasping.

Activities We Did:

- Practiced following directions.
- We pretended to skip, swim, etc.
- Played Feed the Woozle. Took turns and followed directions while practicing our gross motor skills.

Things to Try at Home:

Children need lots of opportunities to be active. Playgrounds and parks are great for outdoor fun, but if you can't get outside, a simple game of Freeze Dance can do the trick! Just play some music and have children dance along, then stop the music suddenly. As soon as the music stops, everyone needs to "freeze" in place and stand perfectly still until the music starts again. Keep the game challenging as children get older by asking them to freeze in a particular position, like standing on one foot.

Songs to Listen to:

- The Kiboomers Freeze Dance
- Head, Shoulders, Knees and Toes
- The Goldfish (Let's Go Swimming)" by The Laurie Berkner Band

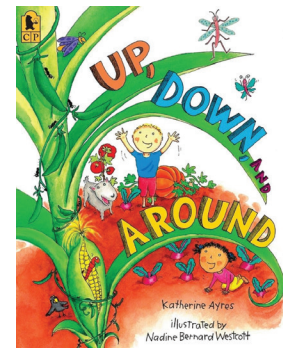
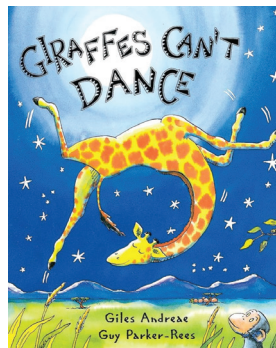
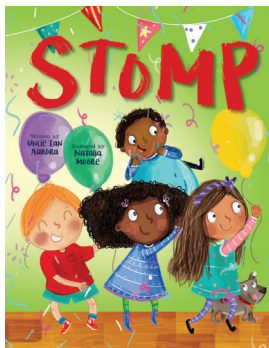
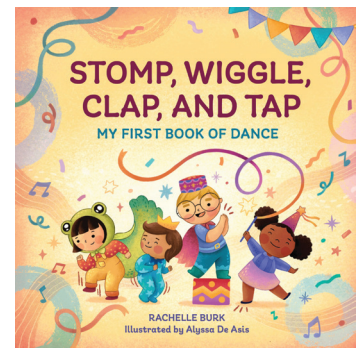
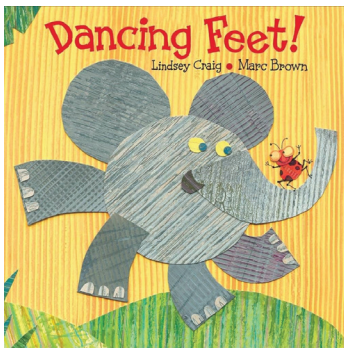
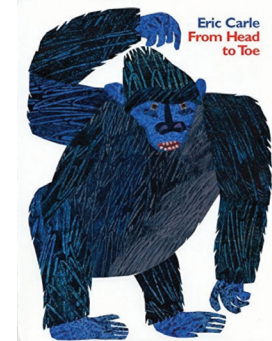
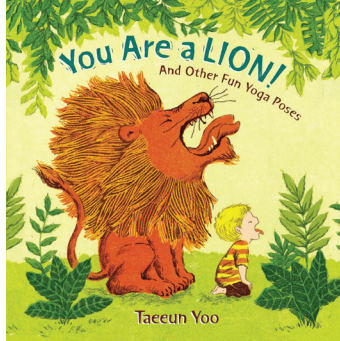
If You Want to Dive Deeper:

Proprioception is often known as the sixth sense, as it is a sense that is not commonly known. To put it simply, proprioception is the sense that tells the body where it is in space. It's very important to the brain, as it plays a large role in self-regulation, coordination, posture, body awareness, the ability to focus and speech. Proprioception is the sense that lets us know where our different body parts are, how they move and how much strength our muscles need to use. We receive proprioceptive input from our sensory receptors located in our skin, muscles and joints. Playing the piano, handwriting, and playing sport are all activities that require a lot of proprioceptive input.

<https://my.clevelandclinic.org/health/articles/gross-motor-skills>

Books to Check Out

For the Pre-Kindergartners



For the Grownups

