





Preschool

Gross Motor/Sensory Motor	Fine Motor/Visual Motor
Column A	Column B
<ul style="list-style-type: none"> -Walk, gallop, or tip toe on a taped line -Take giant steps over the taped line -Go for a hike on a trail or walk around your house, yard, neighborhood with family -Dig in the garden or help rake -Outdoor scavenger hunt (collect rocks, sticks, leaves) -Ride a tricycle, scooter, or push toy -Play running stop-go game (like red light) -Play a game in prone (on belly) on elbows -Animal walks (such as walking like a frog, horse, bear on hands/feet, tiptoe like a giraffe, crawl on belly like an alligator) -Jump (up/down, off a pillow on the floor, forward) -Play catch with a soft ball or beanbag -Simple obstacle courses climbing over pillows, under a table, or around a couch -Dance to music -Log roll on a carpet or soft mat -Try some yoga poses - hold to count of 10 <div style="display: flex; justify-content: space-around; align-items: center;">     </div>	<ul style="list-style-type: none"> -Play with playdough or dough (squeeze, pinch, cut, use cookie cutters) -String beads or pasta onto a lace or pipe cleaner -Draw lines and simple shapes in shaving cream, sand, with markers/crayons/paint/chalk -Use stickers to make a picture -Use scissors to snip or cut recycled paper -Use a wind-up toy or spin a top -Crumble paper and toss into a basket or bucket -Rip and tear colored paper -Complete puzzles -Play games with dice, pegs, marbles, etc. -Use stamps or dot markers to make a picture -Paint a picture (use fingers or paintbrush) -Build with various size blocks or legos -Use tweezers or tongs to pick up small objects -Hide items in sensory material (rice, beans sand,) -Practice fasteners (such as zippers, snaps, velcro, buttons) -Use spray bottle or paint brushes outside -Blow bubbles and pop them with your hands