



OT NEWS

Mobility and Range of Motion

Range of motion allows us to reach, bend, and move our bodies in all directions.^u
We require range of motion to perform every activity that we participate in, which is why it is so important to practice this skill.

Things to do Outside

- Squat to stack large cereal or shoe boxes and then kick them down or 'log' roll on the floor and knock them down.
- Go up and down stairs, crawl through tunnels (you can put a blanket over a table to make a tunnel).
- March or dance! (Shift weight from one leg to the other, hold hands and rotate trunk from side to side).
- Play "Ring Around the Rosie"
- Play 'Simon Says' - 'reach up high or down low', pretend to be a bird and flap your 'wings', or be an airplane and wind up your 'propeller', reach up high then touch the ground or toes. Try other positions that your child might be able to do—squat, jump or tip sideways like a 'teapot'.
- Use ribbons or scarves to make circles in the air or wave them up and down like 'wings'.
- Climb up and walk down small hills and slide down slides.
- Make a 'figure 8' track in the sand or on paper or with chalk on the sidewalk and drive cars on the track. Try to stay on the 'road'.
- Climb on pillows and cushions that have been piled on the floor.

If you have questions or comments, please contact me at:

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Kids learn so much by doing—they are discovering how to keep their balance, what happens when they try a new movement and they become stronger through movement. They learn about how to use both sides of their bodies, how to coordinate their eyes, hands and feet.

Play is a child's work



Things to do Inside—Mobility and Range of Motion

- Hang a beach ball from a string and practice hitting it with a foam 'noodle' (like the ones used in the pool). You can cut the 'noodle' in half or third's and use the small piece to hit the ball.
- Open and close twist-off lids, turn knobs and dials, grasp objects of different sizes and shapes and release them into a variety of containers with different sized openings.
- Finger play songs such as "open-shut them, open-shut them, give a little clap"; "eensy-weensy spider", etc.
- Finger painting—draw lines and circles in shaving cream, pudding, etc.
- Use an oatmeal box or a bowl for a drum—then take turns repeating simple rhythms—1, 2, 3 repeat.
- Pick up toys from the floor and reach up to put them in containers that are up on a shelf.
- Reach up to paint or color on paper that is taped to a wall or easel.

Fine Motor information :

Fine motor activities involve using our hands and eyes together to accomplish tasks. Learning to coordinate our fine motor skills can help with eating, getting dressed, brushing our teeth, writing and more. Using utensils such as chalk and crayons can help build hand strength because they are resistive.

Using different sizes and thicknesses of writing utensils encourages your child to use different hand muscles to prepare them for writing.



**Experiment and discover
by doing**



