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# SENSORY KITS

## RESOURCES



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## Theme: Gross Motor Fun

Gross motor skills require whole body movement and involve the large muscles and balance. The books and tools in this kit are designed to help build gross motor strength for everyday functions and self-care skills needed throughout life.

### This kit contains:

- Two books to read together: *From Head to Toe* by Eric Carle is an interactive book that will have you clapping your hands, stomping your feet, and wiggling your toes along with the animals in the book. *Can You Make a Scary Face* by Jan Thomas is an interactive book that encourages readers to dance and make silly, scary faces of their own.
- Stepping Stones (10 pieces): These stones can help you determine a target's distance and height and strengthen your balance and physical coordination skills. Set up the stones on a flat surface to create a course where you can walk, run or jump onto one stone from another. *Max weight is 220 pounds.*
  - If you'd prefer to keep your feet on the ground, use sidewalk chalk to draw a *hopscotch board* or other obstacle course to walk, run or jump on.
- 6 Yard Resistance Band: This latex-free 6-yard long stretchy resistance band can be used in different ways to help strengthen muscles used in gross-motor activities. Pushing, pulling, lifting and carrying can also provide an outlet for excess physical energy. Here are some ideas on how you might use the resistance band:
  - While wearing sneakers or other shoes with a firm sole, stand on the middle of the band and use your hands to pull the band up with bent elbows (or out with straight elbows) – try grasping the band in different places until you achieve a comfortable resistance.
  - Using a towel as a cushion to protect the band, wrap the band behind something sturdy like a post or tree and use both hands to pull the band toward you. You can also try this by tying the band to a closed door's handle or another secured object.

**NOTE: As with any physical exercise, you always want to check with your doctor before starting a new exercise routine.**

# GROSS MOTOR ACTIVITIES



- **Dance!**
- **Play Simon Says**
- **Walk like an animal or wheelbarrow walking**
- **Homemade obstacle course**
- **Practice martial arts**
- **Playground play**
- **Balloon or bubble play**
- **Ride a tricycle, scooter, or bicycle**
- **Climb onto a rock and balance on top**
- **Hop on one foot**
- **Pretend play - walk like a robot, waddle like a duck, gallop like a horse, soar like an airplane**
- **Go swimming**
- **Practice throwing and catching**
- **Play tag**
- **Build with large blocks**