



MovementAndLearning Connection

Helping your child
reach their potential.
Without the struggle.

Learning
Should
be FUN.

Brain Building activities for home

Helping Around the house

- ❖ Rolling socks into balls
- ❖ Washing the dishes
- ❖ Healing clean – bath, washing car as you use both hands
- ❖ Taking the washing off the line
- ❖ Shaking and folding towels, tea towels, pillow cases etc
- ❖ Using a brush and shovel
- ❖ Holding a bowl whilst stirring with the other hand
- ❖ Gardening
- ❖ Vacuuming

Personal Care

- ❖ Washing face and hands
- ❖ Feeding self, holding a cup and using cutlery
- ❖ Dressing, tying shoes (from 7 up)

Play

- ❖ Pouring water from one container to another in the bath
- ❖ Playing in the sand, dirt and mud
- ❖ Dressing dolls, teddies starting with loose fitting clothes and getting smaller as skills increase
- ❖ Playdough – using a rolling pin with both hands, encouraging use of both hands to mould the dough, or use tools such as shapes or rollers, adding beads or tooth picks to increase fine motor skills
- ❖ Activities involving pushing and pulling with both hands – stickers pulling them off paper and sticking them, sticky tape etc



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- ❖ Crunching paper, stuffing paper into old stockings, making a long snake
- ❖ Watering plants with spray bottles
- ❖ Swings you dangle from

Music & Movement

- ❖ Singing songs with hand movements (eg 'open shut them' 'hickory dickory dock' etc)
- ❖ Playing musical instruments – drums, maracas, cymbals
- ❖ Clapping and tapping – have your child imitate your rhythmic hand motions as you clap your hands and tap different parts of the body (sit facing each other – You tap your knees, clap your hands and clap each others' hands). Recite rhymes.
- ❖ Catching/throwing large balls – using two hands to catch
- ❖ On a skateboard/scooter board, encourage your child to lie on their stomach and pull themselves along hand over hand along a rope strung overhead.

Tactile Exploration

- ❖ Activities where two hands can work together using water, sand, rice, rice pudding/jelly, shaving cream, sand, finger paint or anything that is messy and has an interesting texture.
- ❖ Shaving cream on a mirror – making circles with both hands at the same time
- ❖ Making pattern in flour or powder on the table with both hands
- ❖ Make sure he/she gets both hands into the materials, and help them to use two hands to pick up lots of the substance or to smear it over paper or a surface such as a table.

Creative Activities

- ❖ Cutting, pasting, paper folding, weaving, threading, sewing
- ❖ Finger painting
- ❖ Tearing /ripping paper
- ❖ Threading beads
- ❖ Scissor cutting
- ❖ Glue gun (supervision required)
- ❖ Selection of creative inspiration, paper, pencils, glue, glitter, sequins, stickers etc



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Drawing & Writing

- ❖ Drawing with stencils – one hand holds while the other draws
- ❖ Using different textures of paper and writing materials
- ❖ Clean a blackboard with dusters using two hands
- ❖ Typing on the computer with two hands and playing a keyboard or organ with both hands

Games

- ❖ Playing with lego or other construction toys
- ❖ Using water pistols where you have to stabilise with one hand while 'pumping' the water with the other
- ❖ Screw together toy nuts and bolts
- ❖ Magnetic toys that require stabilisation to pull magnets apart or remove metal pieces from magnets
- ❖ Corkboard where your child can hammer shapes with a wooden mallet
- ❖ Pull apart beads
- ❖ Threading beads
- ❖ Jenga
- ❖ Dangling Monkeys
- ❖ Pick up sticks



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Other two handed activities

- ❖ Hold a container in one hand and put objects in / take objects out with the other
- ❖ Hold a stick in one hand and put objects in / take objects out with the other
- ❖ Hold a stick in one hands and put rings on / take rings off it with the other
- ❖ Hold a pegboard down when pulling pegs out
- ❖ Stabilize a ring stack to put rings on
- ❖ Hold down paper with one hand and scribble on it with the other
- ❖ Thread toys using wooden dowel as needle
- ❖ Wind a jack-in-the-box
- ❖ Pour water from one cup into another
- ❖ Hammering with soft wood and nails
- ❖ Knitting/crochet
- ❖ Finger knitting
- ❖ Cooking – rolling golf balls, mixing cakes

***Activities should be fun! Challenging but not
frustrating.***

10 everyday activities to boost your brain

Brain breaks

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