



General Activity Ideas: Tykes Mini Movers

Body awareness

- Swimming
- Role play – dressing up and pretend play
- Yoga
- Playground
- Soft play
- Ball games
- Music/action games

Bilateral Integration

- Yoga
- Mini golf
- Threading
- Trikes, balance bike and scooters
- Swimming
- Arts and crafts
- Ball skills

Balance and Strength

- Yoga – link to cosmic kids
- Balance bike
- Play areas/ play grounds
- Soft play
- Obstacle course

Fine motor

- Pretend play including small figures
- Role play – pretend play and dressing up
- Building
- Arts and crafts
- Board Games
- Colouring drawing
- Baking
- Play dough



Visual Perception

- Card games
- I spy
- Nature walks
- Building – following patterns/designs
- Inset puzzles/basic jigsaws
- Ball games
- Search and find books
- Target games