






Tykes Mini Movers: Week One

We recommend that you do each exercise for about three minutes. Please do all of the exercises below. See our [website](#) to find out how to do the exercises or scan the QR code next to each exercise. They need to be done at least three days per week.

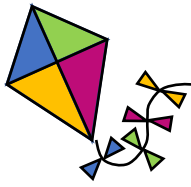
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Nursery rhymes with actions (<i>Body awareness</i>)							
Sensory walk (<i>Body awareness</i>)							
Mark making on an upright surface (<i>Balance & strength</i>)							
Row row row your boat (<i>Balance & strength</i>)							
Reaching across midline (<i>Bilateral integration</i>)							

Equipment/ resources you will need:

- Outdoor environment – Grass/hills/sand/bark/uneven surfaces
- Pen
- Paper/whiteboard
- A3 sized paper for Lazy '8's' racetrack
- Toy car/moveable object to be used in Lazy '8's'
- Play Doh
- Play Doh tubs or household pots








Tykes Mini Movers: Week Two

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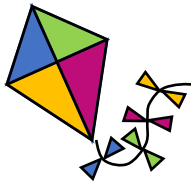
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Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Facial features <i>(Body awareness)</i>							
Mirror game <i>(Body awareness)</i>							
Outdoor play <i>(Balance & strength)</i>							
Stomping <i>(Balance & strength)</i>							
Obstacle course <i>(Balance & strength)</i>							

Equipment/ resources you will need:

- Chalk
- Crayons
- Pen/pencil
- Paper
- Mirror








Tykes Mini Movers: Week Three

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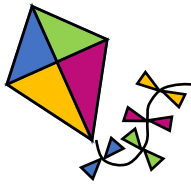
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Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Outdoor play <i>(Body awareness)</i>							
Hand and footprints <i>(Body awareness)</i>							
Obstacle course <i>(Balance & strength)</i>							
Crawling through tunnels <i>(Balance & strength)</i>							
Ball skills <i>(Bilateral integration)</i>							

Equipment/ resources you will need:

- Outdoor play area
- Paint that can be used to create foot/handprints.
- Paper or card
- Obstacle course e.g., Balance beams, spots, steps, wobble mats/cushions
- Tunnel
- Different sized balls e.g., tennis ball, football, blowup beach ball








Tykes Mini Movers: Week Four

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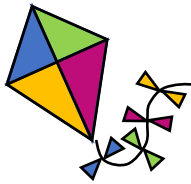
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Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Scooters, bikes and trikes <i>(Balance & strength)</i>							
Kicking a football <i>(Balance & strength)</i>							
Simon says <i>(Body awareness)</i>							
Outdoor play <i>(Bilateral integration)</i>							
Animal walks <i>(Body awareness)</i>							

Equipment/ resources you will need:

- Outdoor mobility equipment e.g., Bikes, trikes, scooters
- Football/medium sized ball
- Outdoor play area/climbing equipment








Tykes Mini Movers: Week Five

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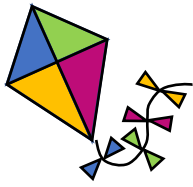
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Inset puzzles and jigsaws <i>(Visual perception)</i>							
Pegs <i>(Fine motor)</i>							
Crafts <i>(Fine motor)</i>							
Musical instruments <i>(Bilateral integration)</i>							
Colour matching <i>(Visual perception)</i>							

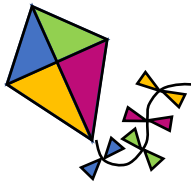
Equipment/ resources you will need:

- Jigsaw/inset puzzle
- Clothes pegs
- Tubs which can be used to clip pegs onto
- Washing line/string
- Paper
- Scissors
- Pen/crayons
- Glue stick
- Stencils



**South West
Yorkshire Partnership**
NHS Foundation Trust

- Variety of different easy musical instruments e.g., drum and drumsticks
- Variety of different coloured items/toys with matching-coloured spots/pots








Tykes Mini Movers: Week Six

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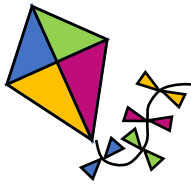
Please record which days you did the exercises on.

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Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Balloon patting <i>(Visual perception)</i>							
Pouring and filling <i>(Bilateral integration)</i>							
Messy play <i>(Fine motor)</i>							
Squeezing bottles <i>(Fine motor)</i>							
Feely bags <i>(Visual perception)</i>							

Equipment/ resources you will need:

- Balloon
- Pots/tubs
- Different containers that can hold liquid
- Dried or cooked pasta
- Small toys e.g. Lego figures
- Sand
- Household objects that can be used for squeezing e.g., drinks bottles
- Different textured household items that can be placed in a bag and used for textural play e.g., a sponge, bottle, buttons, clothing, paper, card








Tykes Mini Movers: Week Seven

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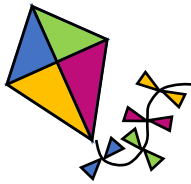
Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Play Doh <i>(Bilateral integration)</i>							
Target games <i>(Visual perception)</i>							
Multi-sensory mark making <i>(Fine motor)</i>							
Search and find <i>(Visual perception)</i>							
Threading and lacing <i>(Fine motor)</i>							

Equipment/ resources you will need:

- Play Doh
- Play Doh – cutters, stencils, rolling pin
- Target games e.g., skittles/bowling
- Search and find games e.g., Where's Wally?
- Threading and lacing e.g., shoe laces, string, buttons, pasta tubes








Tykes Mini Movers: Week Eight

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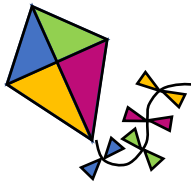
Please record which days you did the exercises on.

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Activity	QR	Mon	Tue	Wed	Thu	Fri	Comments
Obstacle course <i>(Visual perception)</i>							
Large tweezers <i>(Fine motor)</i>							
Inset puzzles and jigsaws <i>(Bilateral integration)</i>							
Play doh <i>(Fine motor)</i>							
Sorting by size <i>(Visual perception)</i>							

Equipment/ resources you will need:

- Obstacle course e.g., Balance beams, spots, steps, wobble mat/cushions, tunnel
- Large tweezers/kitchen tongues
- Small toys
- Sand
- Jigsaw/inset puzzles
- Play Doh
- Play Doh – cutters, rolling pin, scissors
- Variety of items/toys of different size



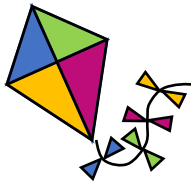
Tykes Mini Movers: Week Nine

Please select five of the exercises from the last eight weeks that your child has found difficult to do. Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments



Tykes Mini Movers: Week Ten

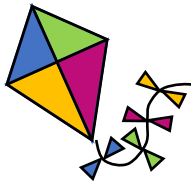
Either carry on with the exercises that you were doing last week (if your child was still finding them difficult, we would recommend this) OR change one of the exercises for another from the first 8 weeks that they found tricky.

Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments



Tykes Mini Movers: Week Eleven

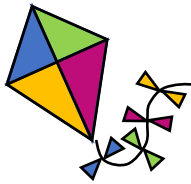
Either carry on with the exercises that you were doing last week (if your child was still finding them difficult, we would recommend this) OR change one of the exercises for another from the first 8 weeks that they found tricky.

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Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments



Tykes Mini Movers: Week Twelve

Either carry on with the exercises that you were doing last week (if your child was still finding them difficult, we would recommend this) OR change one of the exercises for another from the first 8 weeks that they found tricky.

Add them to the table below. Do each of these exercises for about three minutes. They need to be done at least three days per week.

Please record which days you did the exercises on.

In the comments section please jot down your observations of how the child did the exercise, whether you progressed it etc.

Activity	Mon	Tue	Wed	Thu	Fri	Comments

If your child is improving with the exercises in this programme please continue with them. You could do the whole programme again if you think they would benefit from it.

If your child has not improved with the programme and you continue to have concerns about their motor skills please refer them to Children's Therapy. You can find the referral here *****. You will need to submit a copy of these exercise record sheets with the referral.