



## **General Activity Ideas: Tykes Mighty Movers**

### **Body awareness**

- Swimming
- Yoga
- Tramoplining
- Play ground
- Adventure play ground
- Soft play
- Ball games

### **Bilateral integration**

- Yoga
- Mini golf
- Riding a bike
- Sewing
- Swimming
- Arts and crafts
- Ball skills

### **Balance and strength**

- Yoga – link to cosmic kids
- Riding a bike
- Mini golf
- Ball games
- Play areas/ play grounds
- Obstacle course

### **Fine motor**

- Arts and crafts
- Board Games eg operation, pop up pirate, etc
- Colouring drawing
- Baking
- Play dough



## Visual Perception

- Boppit
- Card games
- I spy
- Nature walks
- Building – following patterns/designs
- Jigsaws
- Ball games
- Word searches/dot to dots