

Treat people as they are, And they remain that way. Treat them as though they are already what they can be, And you help them become what they are capable of becoming.

Goethe

MARCH, 2013

# Thera*kids*

## ADDRESSING THE NEEDS OF EDUCATORS AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.

### GROSS MOTOR SUMMER ACTIVITIES TO KEEP CHILDREN ACTIVE

Running, jumping, climbing and active play are very important for children's development. Children are not just strengthening their muscles and coordination when they play. Physical activity is a chance to learn concepts and to practice getting along with others. Movement through play encourages development of large movement skills such as, control of the arms and legs and small movement skills that include the hands and fingers. Without gross motor control, it may be difficult for children to develop fine motor skills that are essential for school. As summer draws near, it is time to start thinking about how we can encourage our children to get out of the house and become more active. According to the Center for Disease Control, children and adolescents should do 60 minutes or more of physical activity each day. **Let's help our children become more active and less inactive!**

#### Get your child to be active

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking walks or playing active games together.
- Give your children equipment that encourages physical activity.
- Take your child to places where they can be active, such as public parks, community baseball fields or basketball courts.
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Make physical activity fun. Fun activities can be anything your child enjoys, either structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.
- Instead of watching television after dinner, encourage your child to find fun activities to do on their own or with friends and family, such as walking, playing chase or riding bikes.
- Be safe! Always provide protective equipment such as helmets, wrist pads or knee pads and ensure that activity is age-appropriate.

#### Get you child off the couch

- Go to the zoo
- Plant a garden
- Play soccer, Frisbee, baseball, or catch
- Have a water fight
- Run through the sprinklers
- Go for a walk or hike through the woods
- Do some yard work
- Ride bikes
- Balloon volleyball
- Roll down a hill
- Walk to the library, store etc.



Play basketball



Go roller skating



Walk your dog



Play outside



Go swimming



Visit the playground

[http://www.getreadyforschool.com/preschool/preschool\\_activity.html](http://www.getreadyforschool.com/preschool/preschool_activity.html)  
<http://www.earlychildhood.msstate.edu/resources/motoractivities/pdfs/preschool.pdf>  
<http://handsonaswegrow.com/category/activities/energetic-activities/>

**For past newsletters, go to [www.therakids.org](http://www.therakids.org). On the left side of the page click on archived.**

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. **Email: [www.therakids.org](http://www.therakids.org)**

