

It's important to have regular physical activity,
 better gross (body + limbs) + fine (fingers) motor skills
 Choose one gross + one fine motor skill you've never really
 tried before. Commit to it for 2 weeks, at least 4 times/
 week for 30 minutes.

Gross Activities

Fine Activities

had pencil ✓
 224 891146

Mark your calendar when you do the activity.

	S	M	T	W	R	F	S
childdevelopment.com.au							

✓ get soccer ball
 169 785 956

How did it go? Will you continue? Why/why not?
 If you had to do this activity again, what activities
 would you choose & why?