

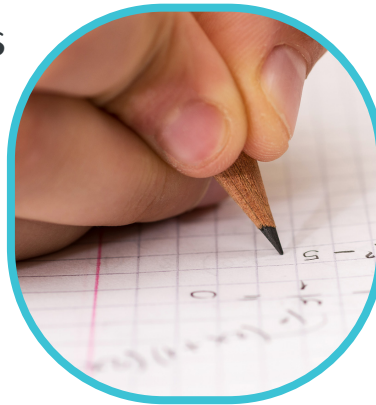
Motivate Your Motors

Your body needs regular movement, including exercises in both gross and fine motor skills. Gross motor skills involve your whole body, arms, or legs, while fine motor skills involve your hands and fingers. From the lists below choose 1 gross motor and 1 fine motor activity that you would like to become better at. Spend 20 minutes practicing these activities 4 times each week for 2 weeks.



Gross Motor Activities

- sports
- martial arts
- dance
- running
- swimming
- yoga
- parkour



Fine Motor Activities

- handwriting
- using scissors
- playing piano
- tracing / drawing
- collaging
- sewing / weaving
- beading

Schedule these activities into your calendar. Write down the name of the activity and the time when you will practice it. For example, you might write **YOGA 9:00 - 9:20** in the Saturday column. You should have 8 activities scheduled each week. After you complete the 2 weeks, answer the questions below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Did you enjoy either of the activities? Discuss what was good and bad about each one.

If you had to do this experience again, which activities would you choose instead, and why?
