

## **ARE YOU READY TO ADD MOTOR SKILLS TO YOUR CLASSROOM SCHEDULE?**

**By Alba Bunnell**

1. Motor skills are a highly refined pattern of movement based on continuous incoming information, adjustments, and experience (Strauss 1985).
2. Motor Planning:
  - Visual - information gathered through the eyes.
    - o Partially dependent on vestibular abilities.
  - Auditory - information gathered through the ears.
  - Tactical - a sense of touch
    - o Two systems: discriminatory and protective
  - Vestibular – unconscious information from the inner ear
    - o Movement and our position in space

### **Examples of Tactical System Activities:**

1. Deep pressure
2. Body paint
3. Plastic pool fun/spaghetti/ paper (HEB /Walgreens)
4. Tenderfoot/ blanket over the body
5. Sticker games
6. Cocoon crawl

### **Examples of Vestibular System Activities:**

1. Rocking chair – stimulates brain growth
2. Spinning
3. Rolling/superman
4. Swinging

**Examples of Visual System Activities:**

1. Tracking- flying a kite, chasing bubbles, or playing with manual race cars

**Examples of Auditory System Activities:**

1. Sounds can/bottles/
2. Paper clip/sand/ anything acorns
3. Instruments that make soft noises
4. Toys with sound – interact with an infant by moving the toy from side to side.
  - ★ Be careful of confusing a hearing problem with misbehavior.
    - A great rule is to suggest or recommend a hearing test if you are concerned about listening skills. Conduct assessments twice a year.

**Resources:**

**Oden, David, (2001). Ready Bodies, Learning Minds. Second Edition. Illustration: commercial electronic art.**