

Gross Motor Activities

<https://theimaginationtree.com/building-blocks-name-game/>

<https://theimaginationtree.com/diy-i-spy-bottles/>

Fitness Balls for Balance and Concentration

Fitness balls or yoga balls are easy to find in sporting good stores or superstore. Find a small-sized one or one made for children. Allow the child to sit, bounce, and even play on it, using his legs. No matter how the child sits or lays on the ball, he is challenged to balance, and he is even strengthening core muscles.

These balls can also be used to sit on when trying to get a child to focus. If the child associates the fitness ball free movement and playtime, try using two different color balls. One ball can be used for free play and movement, while the other one is strictly for sitting. Having a child sit on a ball during a certain activity, such as for a meal or a short activity, may help with their concentration.

Bowling and Bean Bag Throws

Another set of activities for special needs children includes aiming for targets. This practice can be done by setting up a bowling game or beanbag toss. For bowling, just set up empty bottles, such as water or soda bottles, and allow your child to practice rolling different sized balls to hit the pins.

Beanbags can be tossed through holes or used to knock over different objects. Both activities for special needs children work on aim and accuracy, as well as perception and strength. A child will learn how much strength is too much when throwing a beanbag towards an object, as well as the importance of concentrating on the object for a more accurate throw.