

Home Exercise Program Gross Motor Coordination

The activities checked below by your therapist will help improve your gross motor coordination. Gross motor coordination is the ability to perform large movements and grasp and release with control.

- o Stack paper cups one on top of the other or on different height surfaces
- o Fold towels
- o Dusting or cleaning windows or mirrors
- o Pick up rolled up socks and place in an empty box or waste basket
- o Ball toss
- o Smoothing out sheets or towels
- o Washing/waxing car
- o Watering plants; pouring water from pitcher to glass
- o Sweeping
- o Shuffleboard
- o Crunch paper towels into balls
- o Kneading and rolling out dough

Please visit www.HANALiving.org for more information