

Children's Therapy and Family Resource Centre

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Large Movement Activities for Camping Holidays

Camping in the Outdoors is a great time to find new and fun ways to challenge and develop motor skills.

Hiking: Hiking on trails provides lots of uneven ground to challenge balance and visual motor skills. Look for logs to step over or walk along, hills to walk up and down and gravel or sand to walk through. Hiking is excellent for developing cardio-vascular fitness.



Collecting wood for the Campfire: Bending down and picking up twigs or carrying logs back to the camp will help to develop strength. See if your child can find large sticks or small twigs to work on size concepts.



Canoeing: Helping carry the canoe or paddles to the lake or paddling when in the canoe will improve everyone's strength.

Swimming: Walk in the water, kick using a paddle board, swim under water.

Sand Play: Digging in the sand at the beach and making sand castles provides hours of creative entertainment. Carrying buckets of sand and water provides strengthening for the body and arms.

