

# Children's Therapy and Family Resource Centre

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## Gross Motor Skills in the Garden

Try some of the following suggestions in the garden with your child to promote upper body strength, coordination, motor planning and balance. Creating a garden plot for your child that he looks after himself can help to develop motor skills as well as give him a sense of achievement and pride.

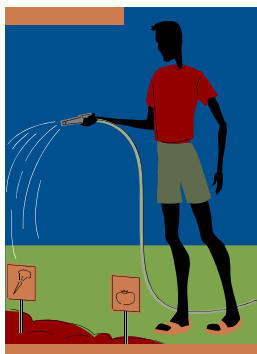


**Wheelbarrow:** Move dirt, plants or rocks around in the wheelbarrow.

**Digging:** Use either a hand trowel or a shovel for digging his own garden plot.

**Pulling Weeds:** This will help develop arm and hand strength as well as postural stability. It will also help to keep the garden weed free.

**Raking:** This will develop bilateral coordination and strength. Encourage your child to change hands when raking.



**Watering (with a watering can or the hose):**

Specify a certain area to be watered and encourage moving the hose back and forth across the area. If the watering can is heavy, your child will need to use two hands together, which develops bilateral coordination.

**Planting Seeds:** This develops fine motor skills and eye hand coordination.