

March Fine Motor/Gross Motor Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7
						<ul style="list-style-type: none"> Flatten play doh with small toothpick, cut with plastic knife, poke with fingers. Play crab soccer.
8	9	10	11	12	13	14
<ul style="list-style-type: none"> Kneel on the seat of a chair facing the back. Drop blocks, pennies or small toys into a can. Play balloon volleyball 	<ul style="list-style-type: none"> Pick up cotton balls, beads, cereal with a tweezer/tongs and place in a bowl. Play hop-scotch games 	<ul style="list-style-type: none"> Tear paper into strips, crumble into balls and play paper toss into a basket. Bounce or dribble ball with one hand then the other. 	<ul style="list-style-type: none"> Try picking things up with chopsticks. Stand on a short step stool or the bottom stairs, how many movements can you do without falling? 	<ul style="list-style-type: none"> Place ten pennies heads up on a non-slip mat. How fast can you turn them over? Try again. Have an animal walk race: bear, crab, elephant. 	<ul style="list-style-type: none"> Hook 10 paperclips together to make a chain. Unhook them and try again. Try some yoga poses; butterfly, dog, cat, bridge, table. 	<ul style="list-style-type: none"> Play with playdoh, clay or silly putty. Try moving backwards by crab walking, hopping and scooting.
15	16	17	18	19	20	21
<ul style="list-style-type: none"> Fill an empty egg carton with raisins, cheese, cheerios, grapes. Pick up your snack with tongs. Toss a bean bag and catch. 	<ul style="list-style-type: none"> Sort the change in the change pot. Can you find nickels pennies, dimes and quarters? Set up an obstacle course. 	<ul style="list-style-type: none"> Cut straws and lace them. Can you make a pattern? Pretend to be a robot. Walk around with stiff arms and legs. 	<ul style="list-style-type: none"> Can you open sack or food packages on your own? Line up different kinds of balls you can find. Practice kicking them all. 	<ul style="list-style-type: none"> Use Dad's shaving cream, pudding or whip cream, spread in a pan to draw shapes and letters. Have a silly relay race. 	<ul style="list-style-type: none"> Place clothespins on the edge of a box making a fence around it. Play ball games, basketball, kickball, baseball, wall ball 	<ul style="list-style-type: none"> Play I Spy. Describe what you see by shape and color. Can Mom/Dad find what you spy? Water plants with a sport top water bottle/squirt gun
22	23	24	25	26	27	28
<ul style="list-style-type: none"> Can you sort socks? How many matches did you find? Have a race - take giant steps with a beanbag between your knees. 	<ul style="list-style-type: none"> Unload the dishwasher. Can you sort all the silverware? Hop, skip and run. 	<ul style="list-style-type: none"> Lay on your tummy and visually follow a flashlight on the ceiling. Play balloon tennis using a flyswatter as a racket. 	<ul style="list-style-type: none"> Sort small objects; paperclips, buttons, coins in an empty egg carton or muffin tin. Jump. How many can you do? 	<ul style="list-style-type: none"> Paint with q-tips. Can you paint using one end then the other? Have a silly relay race. 	<ul style="list-style-type: none"> Place pipe cleaners/spaghetti into holes of an overturned colander. Play bowling. 	<ul style="list-style-type: none"> Dot to dot. Have a parent put dots on a paper. Can you connect the dots? Bounce and catch a ball.
29	30	31				
<ul style="list-style-type: none"> String macaroni or cheerios on yarn for a necklace. Learn to skip, gallop and hop. 	<ul style="list-style-type: none"> Build with Legos. Can you build a tower? house? Play Simon says. 	<ul style="list-style-type: none"> Cut straws and lace them. Can you make a pattern? Dribble a ball. 				