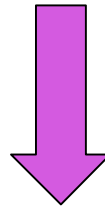


More Fun



Rainbow Tracing
Dot-to-Dots
Mazes
Matching Games
Copy Cat Games
Simon Says
Name That Sound
I Spy
Feely Bag
Clothespin Clipping
Dominos
Number Concepts
Rolling
Spinning



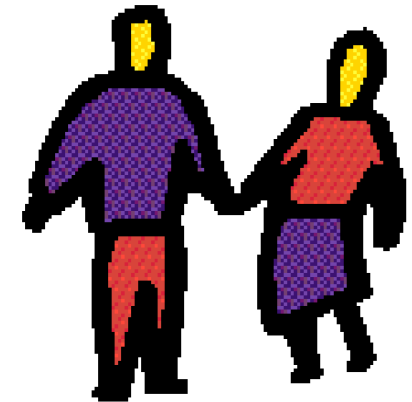
**For More
Information
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How Parents Can
Be
S.M.A.R.T.
At Home



*Stimulating
Maturity through
Accelerated
Readiness
Training*

Turn Off The Tube



Why?

Too much violence
Too many stereotypes
Too much commercialism
Too passive of an activity

Research indicates between the ages of two and five, the average child spends four hours day watching TV. By the time this child graduates from high school, he or she has spent 19,000 hours in front of the tube and will have seen close to a million commercials.

Get Active, Get Moving

Body movement of a newborn baby starts with random movement of large muscles and by the time he or she enters school, a very complex communication system between the brain and muscles must be developed. Each progressive step requires a series of developmental experiences. A child must first stand, then step, walk, and then run. Each milestone is an indicator of previous successes in movement. Children who are deprived of a wide variety of movement experiences, especially through natural play opportunities, run the risk of perceptual and motor delays. The child who climbs, rides a bike, skates, teeters on a balance board, tumbles and jumps has a better chance for good coordination than a child who sits quietly on a chair, watches TV or plays computer and video games. ***Movement experiences are therefore a very important part of normal development for children.***



Activities To Do At Home



Balance Activities

- Balance beam walking
- Walking on stilts
- Pogo stick
- Roller-skating
- Riding a bike
- Tumbling stunts
- Climbing

Eye-Hand Coordination

- Ball bouncing & catching
- Rope jumping
- Tapping balloons in the air
- Marbles
- Jacks
- Pick up sticks
- Ring toss
- Bean bag activities
- Coloring, painting, drawing
- Cutting with scissors
- Puzzles
- Stringing beads
- Sewing cards
- Working with clay

Eye-Foot Coordination

- Jumping rope
- Kicking balls
- Climbing stairs, ladders
- Hopscotch
- Jumping and hopping