



Your Therapy Source Inc

Activity Ideas



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Activity from Sensory Motor Group Activities A to Z Quick, Quicker and Quickest

Purpose: Promote gross motor skills, fine motor skills, coordination, balance, etc.

Materials: graph below, stopwatch

Activities: Review the meaning of the words quick, quicker and quickest. Explain to the children that you are going to see who is quick, quicker and quickest at certain tasks. Below is an example of tasks but you can create whatever tasks you would like the group to work on. Make sure you include tasks that all children in your group will be somewhat successful at. After using stopwatch, mark the child's name in the correct column.

Want more activities like this?
Check out Sensory Motor Group Activities A to Z. This electronic book includes at least 2 sensory motor group activities for each letter of the alphabet.

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Quick, Quicker and Quickest

TASKS	QUICK	QUICKER	QUICKEST
Tie your shoes			
Walk to water fountain and back			
Crawl 20 feet			
10 jumping jacks			
Throw three pieces of balled up paper into garbage can			
Walk backwards to the door and back			
Get coat and backpack on			

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