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Many everyday activities and games are packed full of opportunities for boosting natural development, including language and communication, as well as motor skills. The chart below describes some common games and activities in the home and highlights just some of the areas of development it supports, so you can feel assured that by playing with some well-loved activities is a great developmental activator!

ACTIVITY	AREA OF DEVELOPMENT						
	<b>Gross Motor Skills</b> <i>Proprioception</i> <i>Trunk stability</i> <i>Coordination</i> <i>Motor planning</i> <i>Crossing midline</i>	<b>Fine Motor Skills:</b> <i>Pincer grip</i> <i>Finger isolation</i> <i>Strength</i> <i>Bilateral Hand Skills</i>	<b>Visual Perception</b> <i>Visual closure</i> <i>Figure ground</i> <i>Visual memory</i> <i>Spatial relations</i> <i>Position in space</i>	<b>Visual Motor</b> <i>Tracking</i> <i>Convergence</i> <i>Integration</i>	<b>Attention and Concentration</b> <i>Focus</i> <i>Joint attention</i> <i>Listening</i> <i>Looking</i>	<b>Social Skills</b> <i>Turn taking</i> <i>Joy</i> <i>Eye contact</i> <i>Following rules</i>	<b>Language skills</b> <i>Vocabulary</i> <i>Conversation</i>
Puzzles	 <i>If laying on the floor</i>	 <i>Hold between finger &amp; thumb</i>	 <i>Knowing how To rotate</i>		 <i>Multi stage task</i>		
Jumping Frog		 <i>Using pointer</i>			 <i>Aiming at The bucket</i>	 <i>Taking turns</i>	
Connect four		 <i>Using "nipper"</i>			 <i>Turn taking</i>		
Animal Walks					 ↑ <i>Activity attention</i>		
Leap Frog					 ↑ <i>Activity attention</i>		
Drawing	 <i>If laying on the floor</i>	 <i>Tripod grip</i>	 <i>Writing on line size &amp; space</i>	 <i>Copying pictures</i>	 <i>Multi stage task</i>		
Ball games				 <i>Tracking a ball</i>	 ↑ <i>Activity attention</i>	 <i>Taking Turns</i>	
Playground activities					 ↑ <i>Activity attention</i>	 <i>Taking Turn</i>	

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Painting	 If at an easel						
Cards		 Shuffling and holding cards is great fine motor!					
Making a cake	 Great for shoulder strengthening		 Finding tools in the messy drawer!				
Dancing					 ↑ Activity attention		
Walking the dog					 ↑ Activity attention		
Add your own							