

# Upsee

## Home Activities



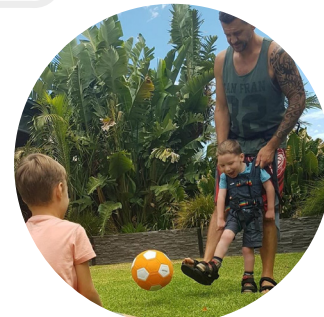
### Gross Motor Skills



Lifting objects strengthens the arms and shoulder muscles, while carrying them to and fro works the legs. If you can try to squat together.



Washing the car is a great opportunity to reach and stretch, try to get both hands working. Separately and together.



Balls games offer countless possibilities for social interaction with friends while developing hand-to-eye coordination

### Sensory



Use the Upsee to stimulate the senses: you could smell a beautiful flower or stroke a shaggy dog or even a goat!



Get close to water. Learn what wet and dry means. Play or just practise washing hands and face. If it's raining go splash in puddles.



Standing up changes your orientation of the world and enables you to get closer to nature or those around you.

### Gardening



Gardening provides lots of opportunities to practice gross and fine motor skills from raking the leaves to picking up a ladybird.

It's hard work learning new skills. Let me have a break when I begin to lose interest and start over tomorrow with a new activity. Remember, Upsee time needs to be fun!

