

OUTDOOR PLAY

How can outdoor/toys be beneficial to kids with dyspraxia?

The best way to support children with dyspraxia is through physical education and perceptual-motor training. Perceptual motor training is the combination of movement with rational tasks. Parents, teachers, and therapists can use the playgrounds and outdoor play to help apply a treatment plan. Outside children with dyspraxia can develop and build balance, coordination, and motor planning skills, and have fun at the same time. They'll also have the chance to work on social skills, building confidence as they learn, play, and grow. Teachers, parents, and other caregivers can help children with dyspraxia improve their motor skills by motivating them to participate in playtime fun and providing activities to help them get started. Caregivers will want to pay special attention to the following areas: **increasing alertness and attention:** by increasing alertness and attention, children will be ready to respond quickly if they lose their balance or face changes in the environment. **Building core strength:** children with dyspraxia can benefit from improved core strength. Core strength refers to the large central muscles and helps provide greater stability. **Teaching skills in simple steps:** Guardians should choose a specific skill and help the child learn it in one or two steps. They should slowly combine the steps until the skill can be completed entirely. **Slowly increasing the duration:** once a child gets the hang of a new skill, caregivers should gradually increase the duration or intensity to improve their endurance. **Promoting activities that develop a range of skills:** caregivers should provide ways for children to practice balance, coordination, strength, endurance, body awareness, and movement planning.

- Bubble Lab Basic Giant Bubble Kit - 1 wand-and-rope, 5 liters bubble mix - ADD FAIRY LIQUID
- Giant Bubble Wand-and-Rope for kids
- Sensory Eco-Bubble Kit
- Long skipping rope for 2-3 people, 100% plastic-free (beech wood and cotton) - 4.5 meters long
- Das.Brett bouncy wooden balance board ("the Brett")