

Occupational Therapy Institute: Gross Motor Class for Preschoolers

MIGHTY MOVERS

This class will promote gross motor skill development for preschool-aged children. Gross motor skills require whole body movements and involve the large muscles of the body to help children complete everyday tasks.



Gross motor skills include:

- **Balance** necessary for walking, climbing stairs, riding a bike and using playground equipment.
- **Coordination** necessary for using both arms and legs together when walking, running, playing, or getting everyday tasks done.
- **Core Strength** necessary for holding one's body upright when performing daily activities such as sitting upright in a chair, climbing on playground equipment and endurance during physical activities.
- **Postural Control** necessary for dressing, playing, and tabletop activities, such as feeding and writing.

This free 3-week class will be offered virtually twice a week for 30 minutes each to get your little ones engaged! Handouts will be provided to encourage skill development at home.

April 19th - May 5th Mondays and Wednesdays, 9:30 a.m. - 10:00 a.m.

Please register by emailing OTI@salus.edu.
A link will be provided after registration.