



These chores can help promote developmental skills for kids.

- Taking out the garbage is a great strengthener and heavy work task
- .-Washing the floor is a fun tactile, proprioceptive (squeezing out that sponge!), and gross motor activity.
- Making beds is a good proprioceptive heavy work task.
- Washing the car is great for strengthening the arms and hands as well as midline crossing.
- Raking leaves or shoveling snow promotes bilateral coordination and midline crossing.
- Setting the table is an awesome task that involves visual motor skills and sequencing.
- Watering plants is great for targeting hand strengthening and fine motor skills.