



Active Imagination Activity Book: 50 Sensorimotor Activities for Children to Improve Focus, Attention, Strength, and Coordination

Kelly Tilley

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Childhood is a time filled with new motor challenges and all kinds of hurdles; Kids are busy learning to tie their shoes, zipper their jackets, ride a bicycle, negotiate the playground, and write their names. All of these skills require kids to have strength, coordination, and the ability to focus and attend.

The activities in this book “Active Imagination Activity Book” tap into what kids love best - PLAY. The activities pictured in this book provide fun, easy, and imaginative exercises to build your child’s skills that are necessary for meeting the challenges of everyday life at home, school, and out in the community.

Whether your child/client can benefit from movement activities that are calming, energizing, strengthening, or simply from getting exercise in general, you will find this book to be a helpful resource at home, school, or in a therapeutic setting. The large clear pictures and concise descriptions are especially helpful for children who have difficulties with language, cognition, or attention. The activities themselves require little or no equipment and the duration of activities can be easily adapted as the child’s skills advance.

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