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# In-Sync Activity Cards: 50 Simple, New Activities To Help Children Develop, Learn, And Grow!



## Synopsis

Winner of the Mom's Choice Gold Award, these great cards are divided into beginner, intermediate, and advanced activities. Each card tells you why and how the activity works, what you need for it, and ways to make it more challenging. It also tells you what to look for, to make sure your child is getting the most out of the activity. These two experienced authors have over seventy combined years of teaching experience, and have learned the best ways to help children learn and grow using their motor development skills. Now parents can tap that experience and genius, using these handy cards, to help their kids grow, learn, and develop to the best of their abilities!

## Book Information

Age Range: 5 - 11 years

Cards: 112 pages

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Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (23 customer reviews)

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## Customer Reviews

These cards are so well written I think every family with children should own them. While children need plenty of time for running and playing and having fun, they also need the challenge of directed developmentally based activity. These 50 activities help develop and screen for sensory, perceptual and visual development skills. The skills include tactile and vestibular processing, proprioception, balance, bilateral coordination, directionality, laterality, midline crossing, motor planning, spatial awareness and visual tracking. These laminated 5x8 cards are double-sided and exceptional in what they include. One side has an appealing illustration which will attract your child's interest. This side tells you what materials you need and how to do the activity. The activities require very little extra equipment. I see a mini-trampoline suggested, as well as hula hoops, but most other items

should be available in your home. Most give additional ideas for continuing the activity. The second side tells you why your child needs this activity and how it applies to various skills in life. It also tells you what to look for and expect from your child. Finally it tells you how to make the task more challenging which makes the program useable for a longer period of time. I like the way the three levels of color coded activities have age appropriate titles. While an 8-year-old might hesitate to creep like a baby, he will enjoy becoming a Creepinator. : ) Although there are levels, I suggest all kids begin at the beginning, to check mastery of all the skills. I have watched for, purchased and evaluated developmental PE programs for nearly 30 years. This is the one that best meets the need and is most easily used.

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