

Oláj Ibolya

PSZICHOMOTORIKUS
GYAKORLATOK



FREE MEDIA

Újvidék - 2006

Előszó helyett

Útravaló

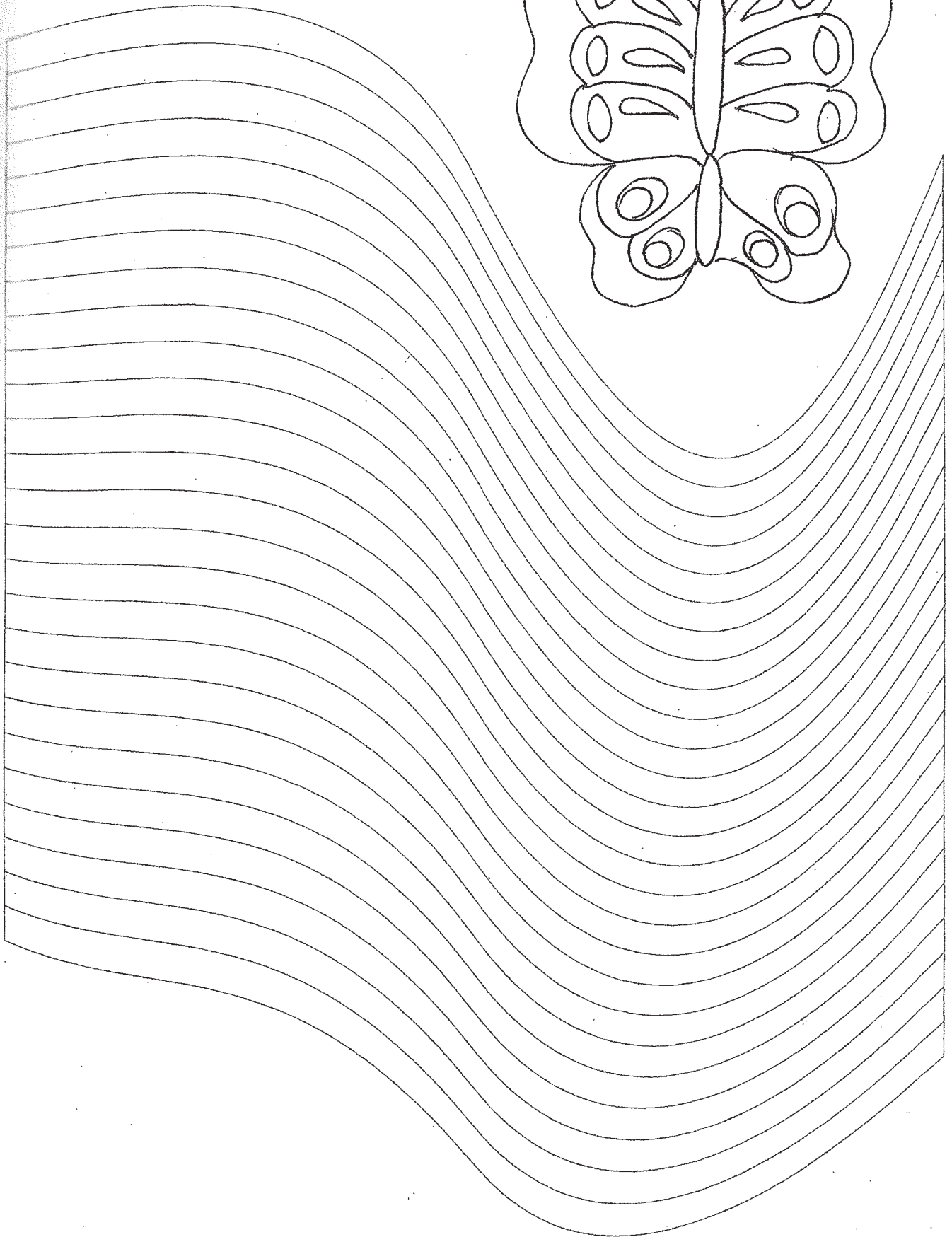
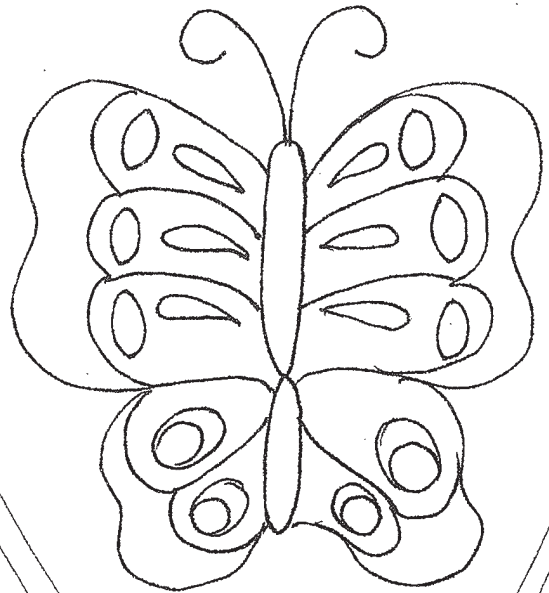
A boldogságot csak az bírja el, aki elosztja. A fény csak abban válik áldássá, aki másnak is ad belőle. Mert amikor bennünket elküldtek, az útrabocsájtó Hatalom így szólt:

Rád bízok minden embert külön, kivétel nélkül mindenkit, segíts, adj enni, adj ruhát, mindenkire vigyázz úgy, mint magadra, és ne hagyd a sötétségben elmerülni. Amit szerzel, amit elérsz, amit tudsz, amit átélsz, osszad meg. Az egész világ a tiéd. Szabad vagy a kövektől az éterig. Ismerd meg, hódítsd meg, senki se tiltja, de jaj neked, ha magadnak tartod. Elbocsátlak téged is, mint mindenkit: felelős vagy minden emberért, aki veled él, s el kell számolnod minden fillérrel, amit magadra költesz, minden örömmel, amit magadba zártál, és minden boldog pillanattal, amit magadnak tartottál meg. Most eredj és élj, mert a világ a tiéd.

(Hamvas Béla)



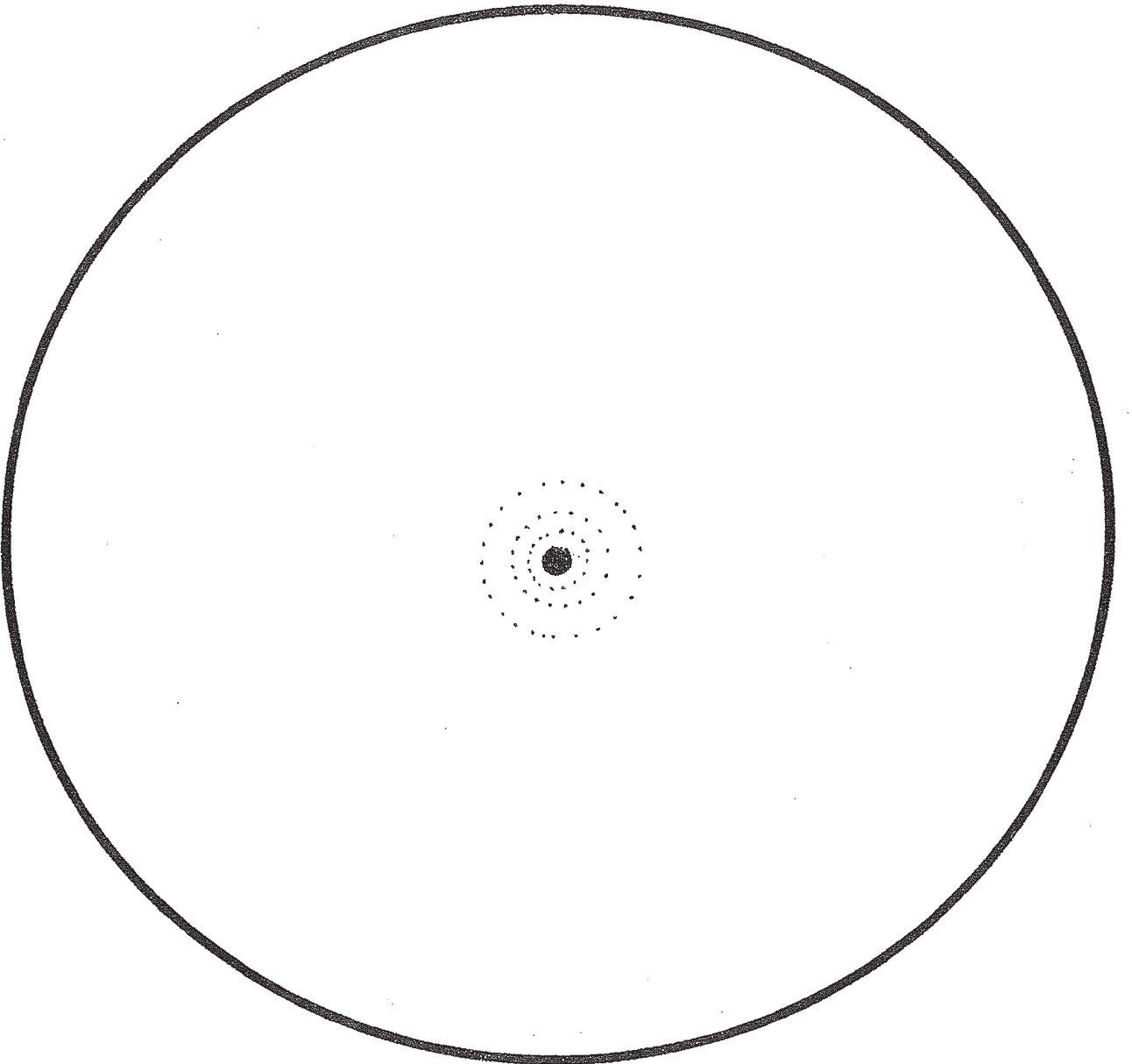
Rajzold hullámvonalakat!



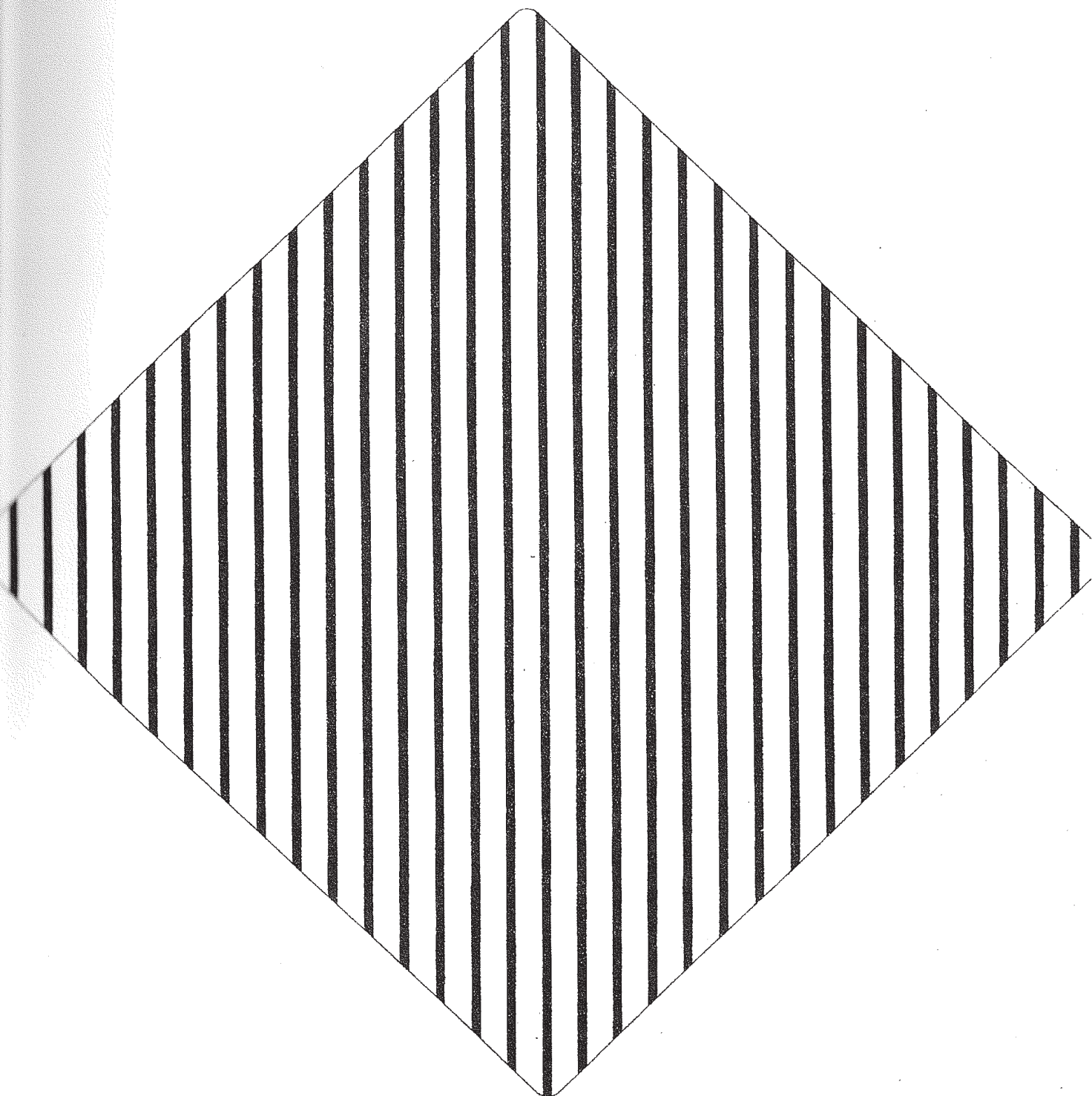
Kösd össze az egymással szemben lévő fehér és fekete pontokat!



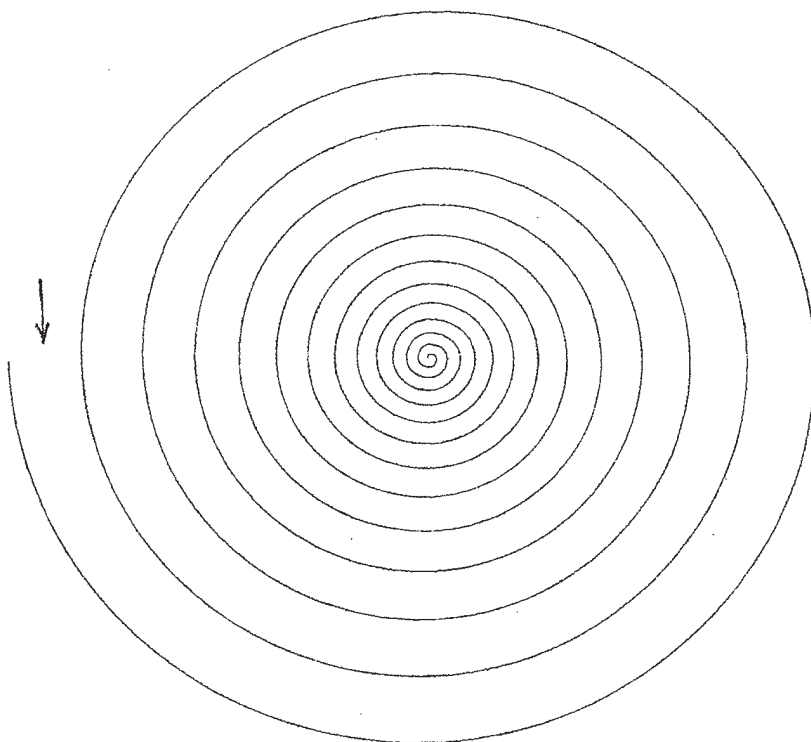
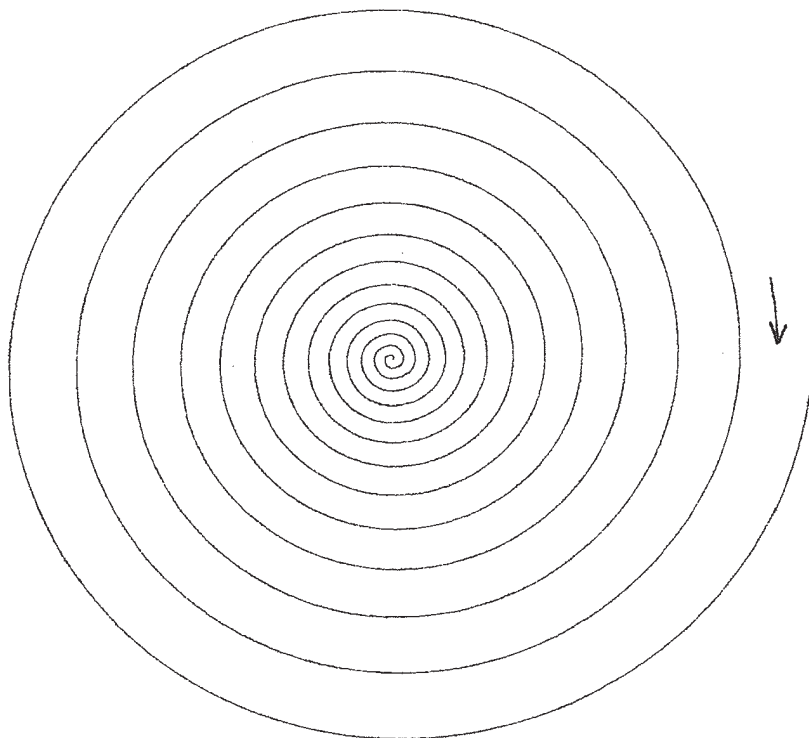
Rajzolj köröket növekvő sorrendben!



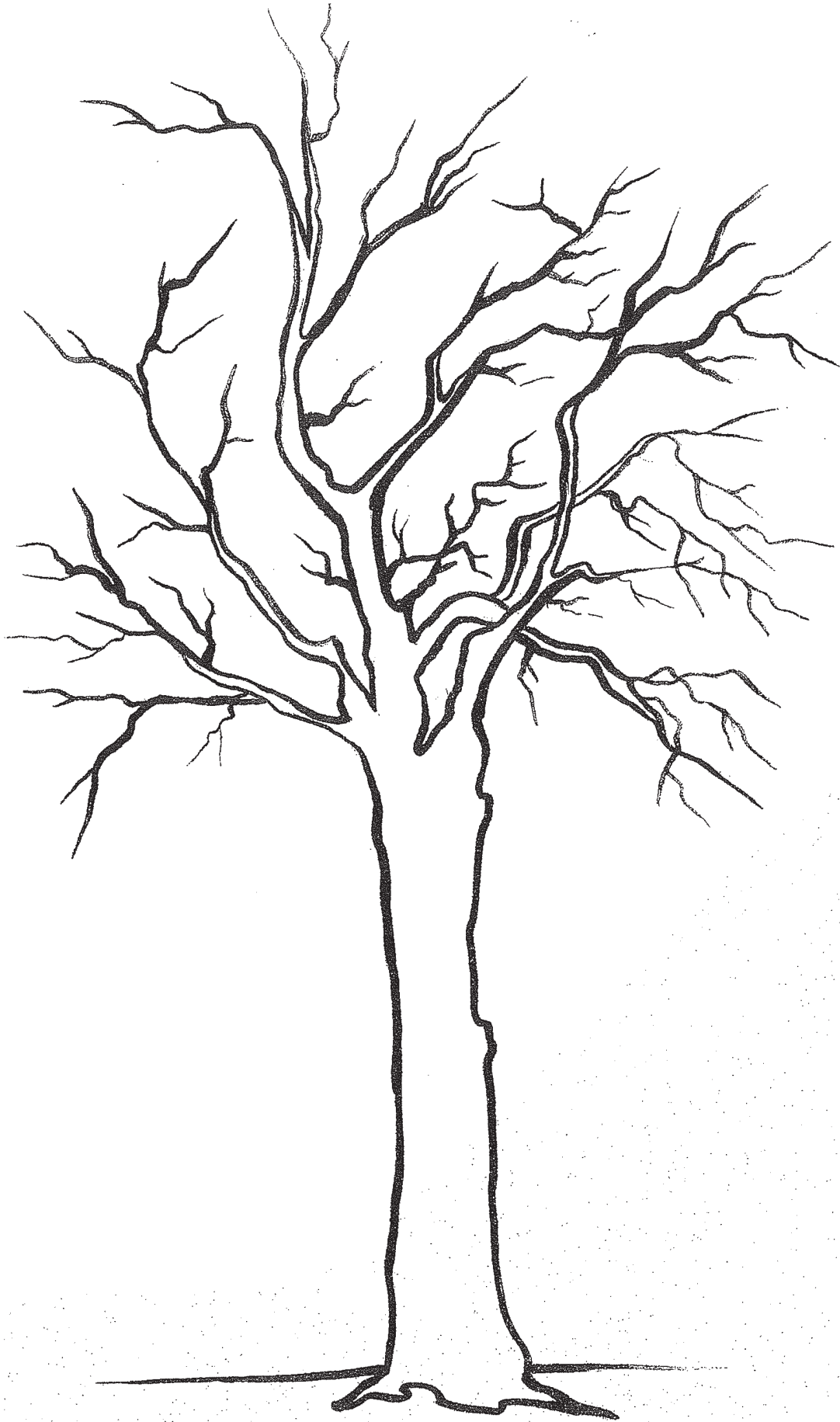
Színezd a vonalak közötti területeket különböző színűre!



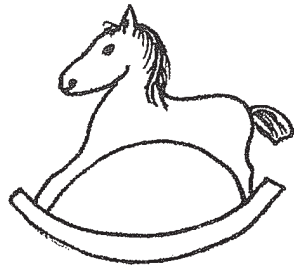
Húzz vonalat a spirál középpontjáiig jobb kézzel, majd bal kézzel!



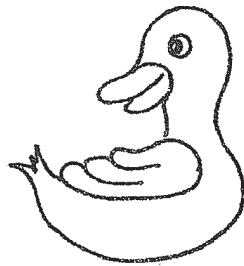
Rajzolj leveleket a fára és színezd ki!



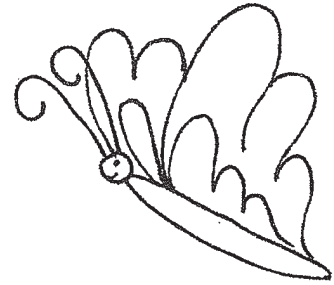
Rajzolj labdát!



közé



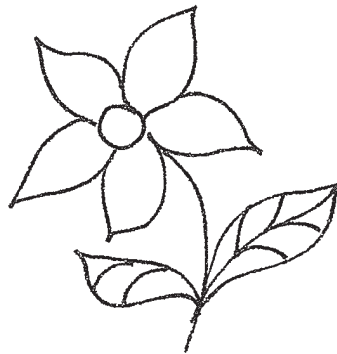
mellé



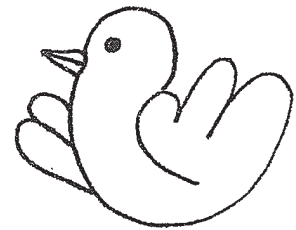
alá



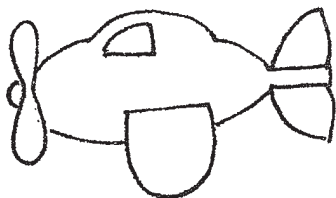
föle



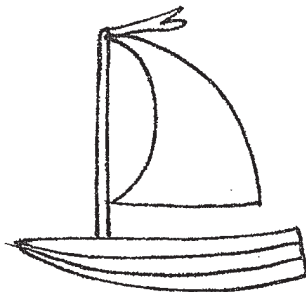
mellé



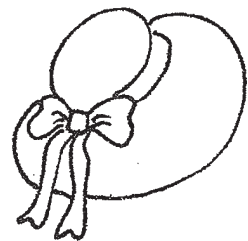
alá



föle

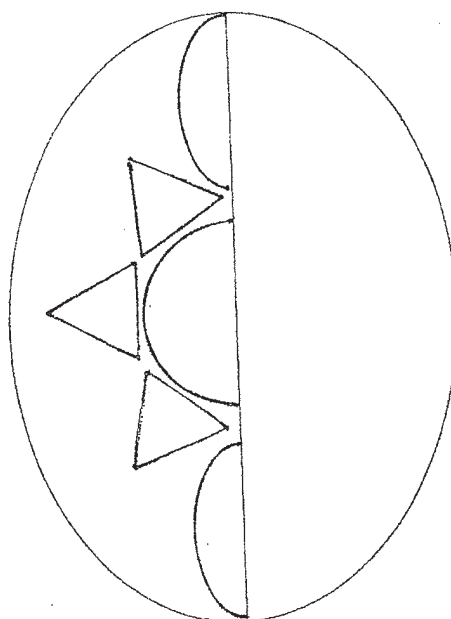
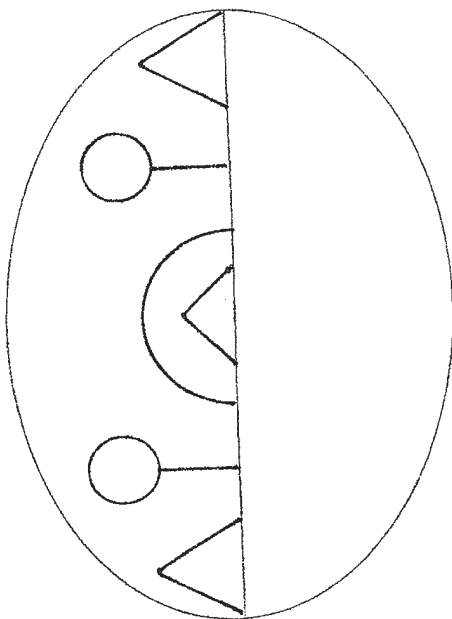
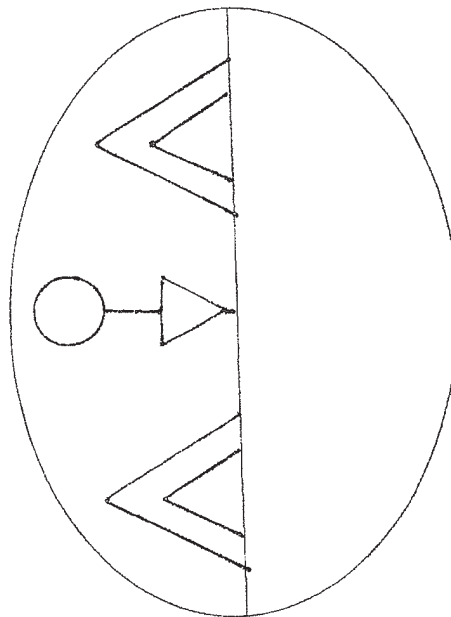
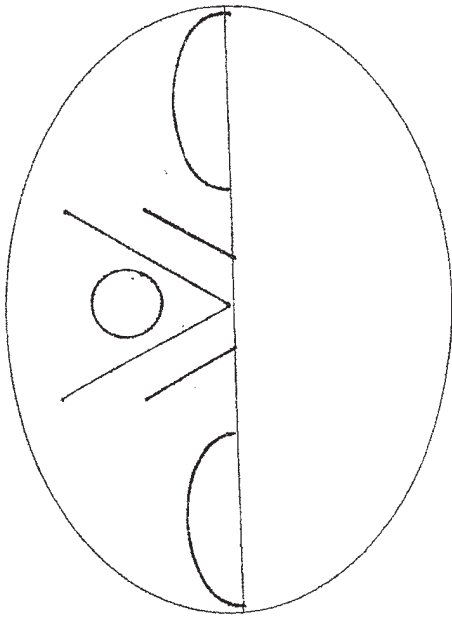


alá

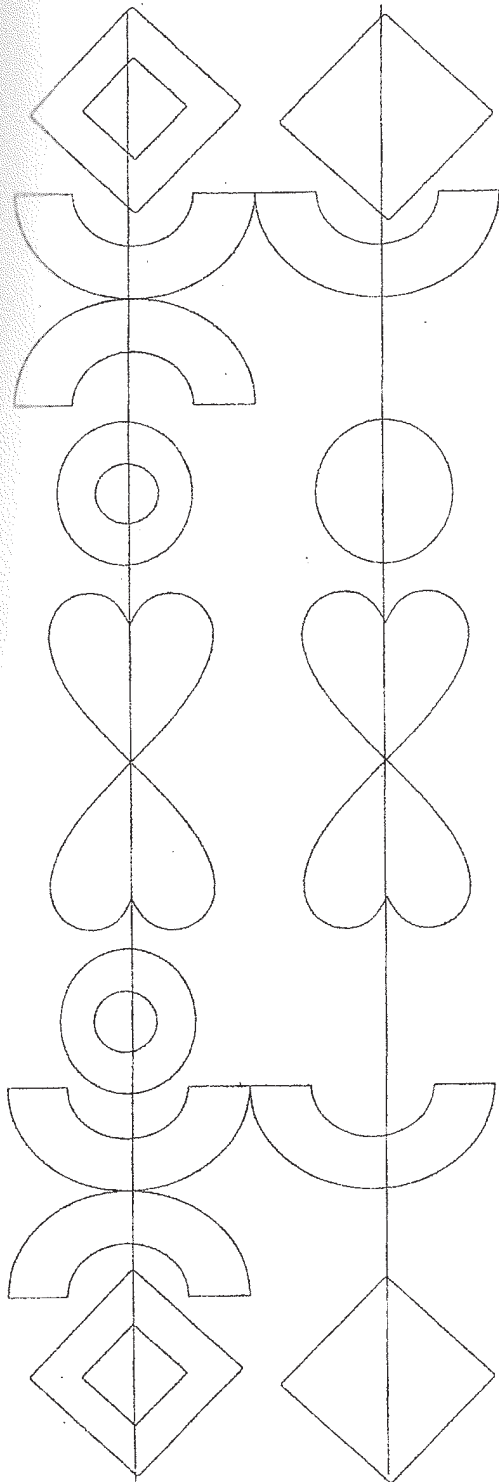


mellé

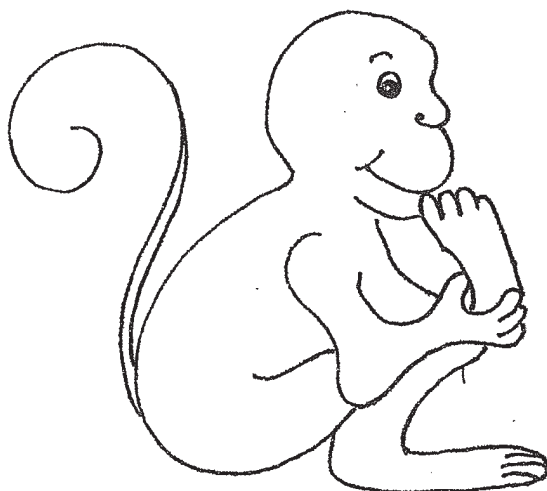
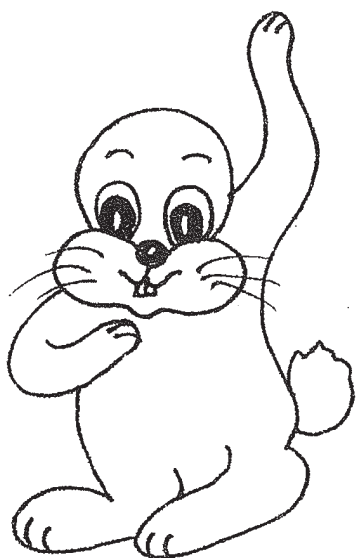
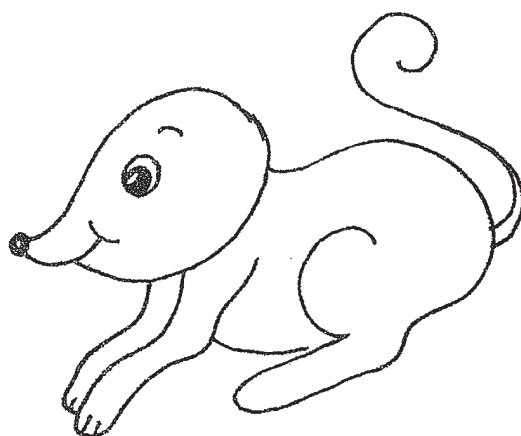
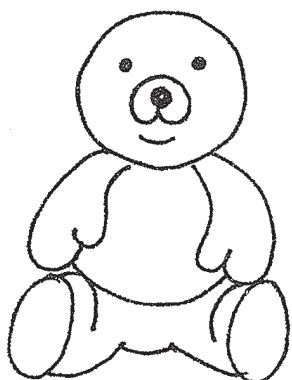
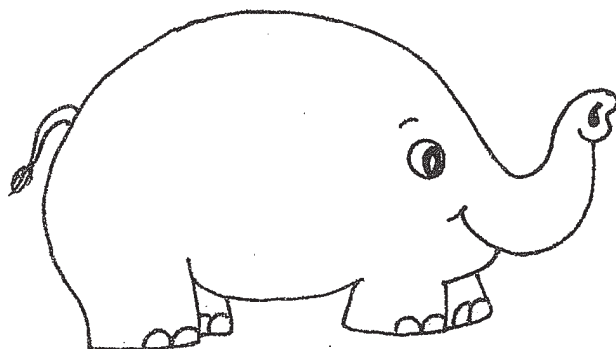
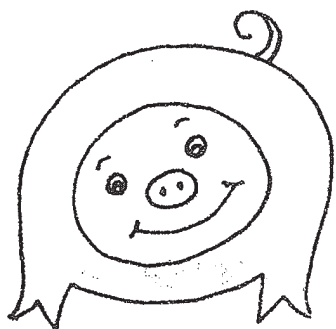
Rajzold meg a tükörképét!



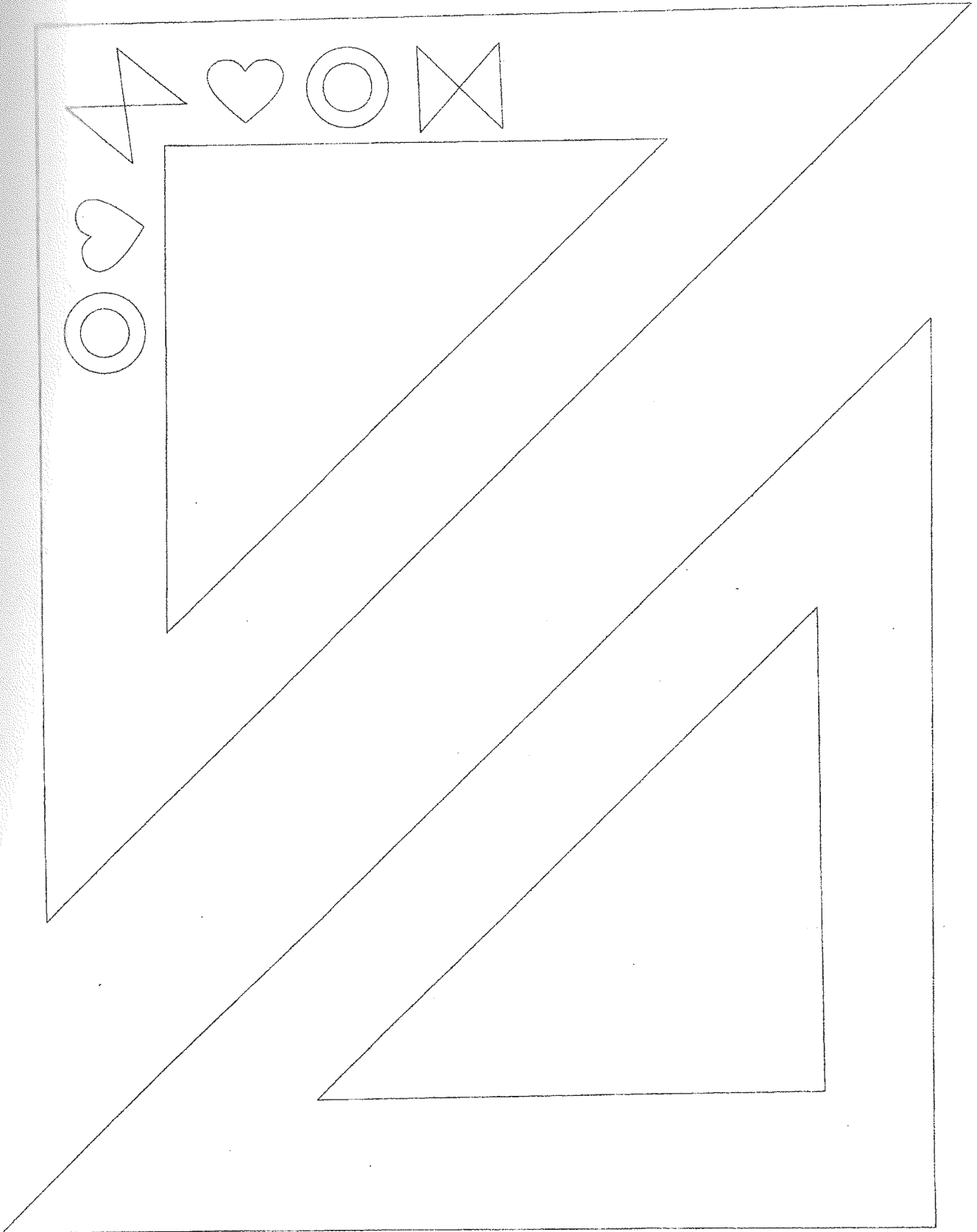
Fejezd be az oszlopmintát!



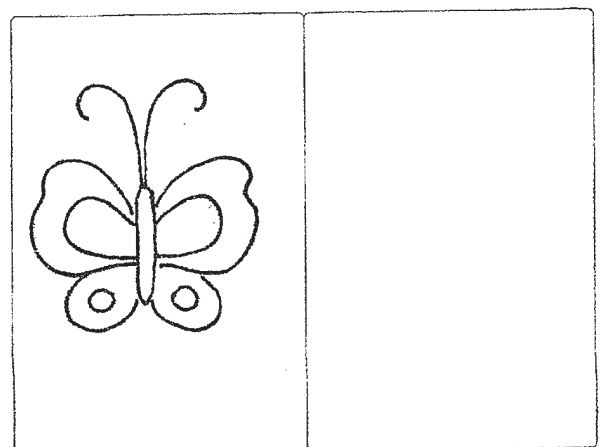
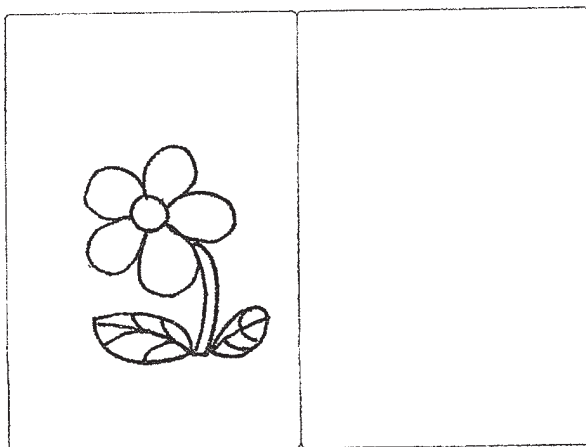
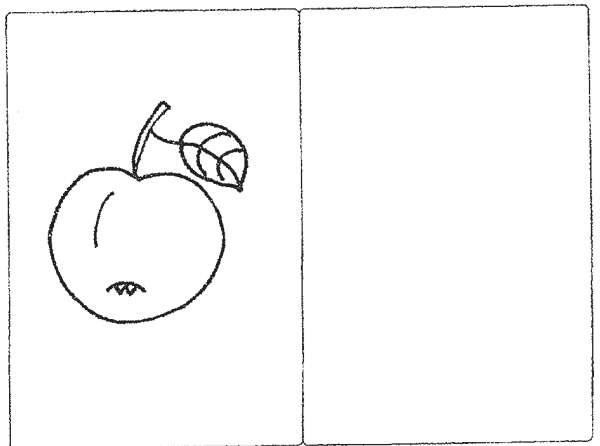
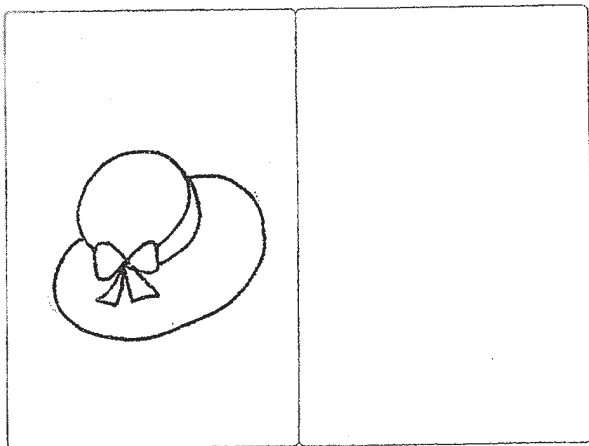
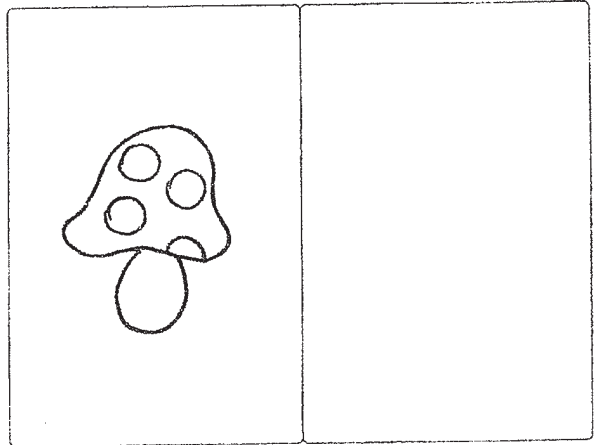
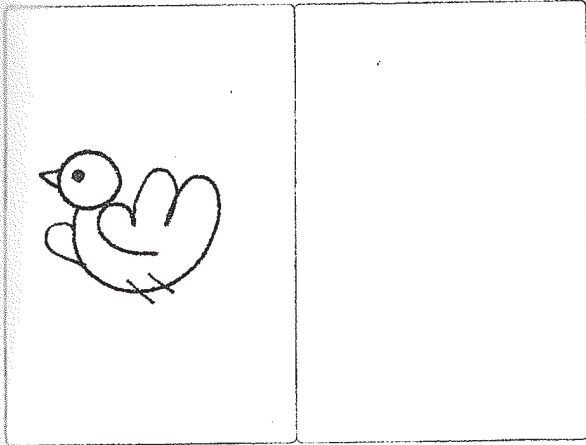
Rajzold meg a hiányzó füleket!







Díszítsd ki a kendőket!

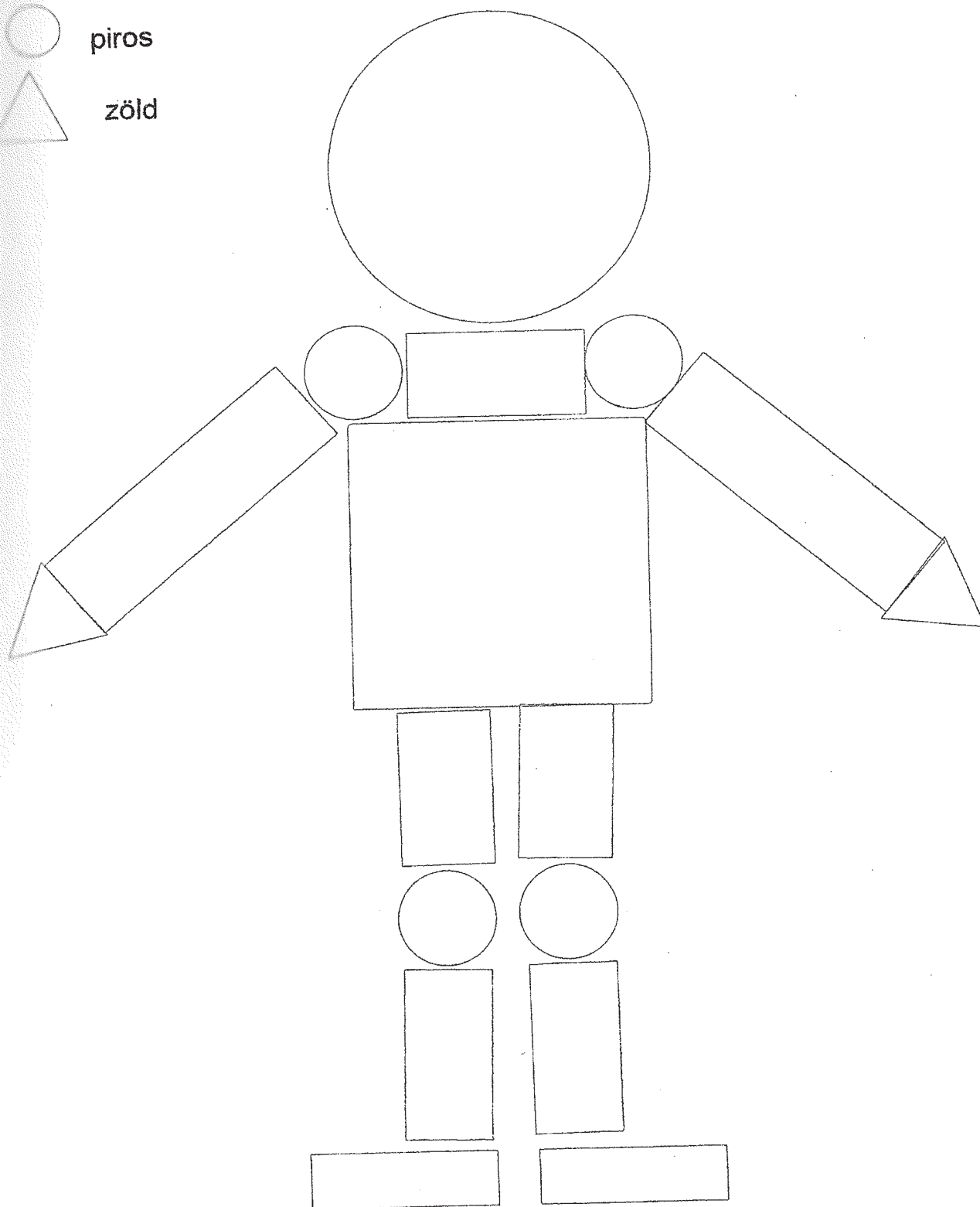


Másold át a rajzokat!

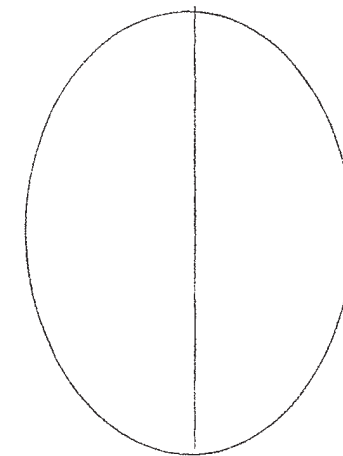
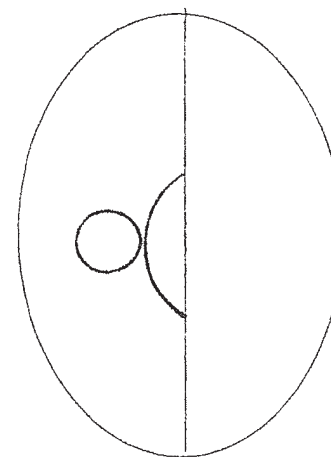
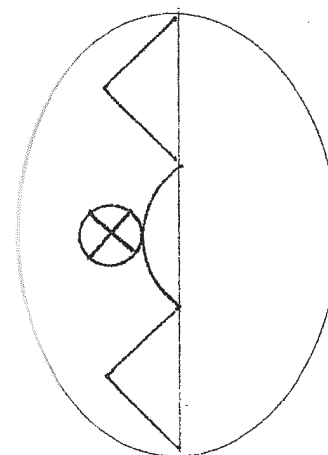
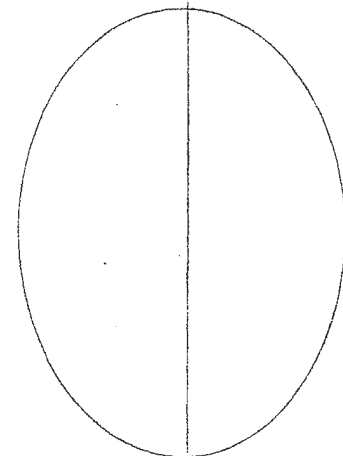
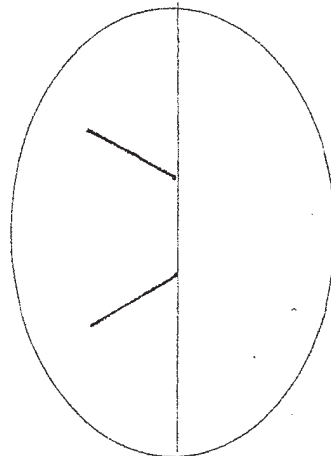
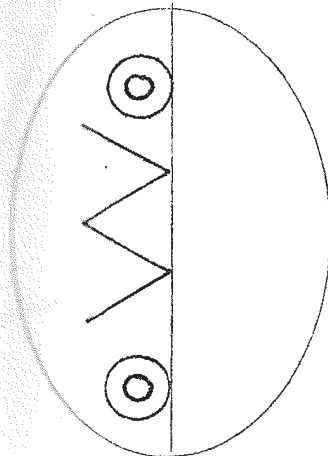
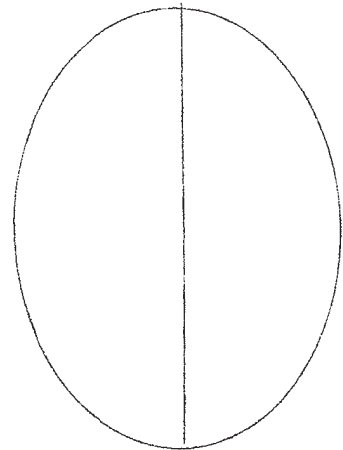
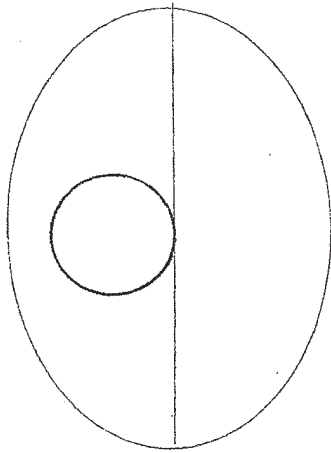
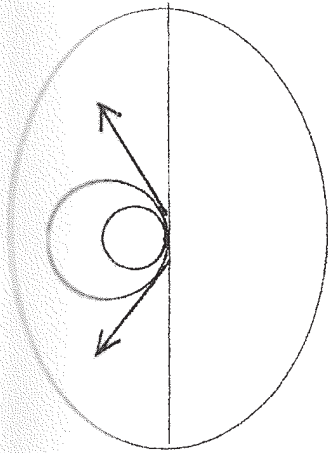


Színezd ki a robotot az utasítás szerint!

-  kék
-  sárga
-  piros
-  zöld



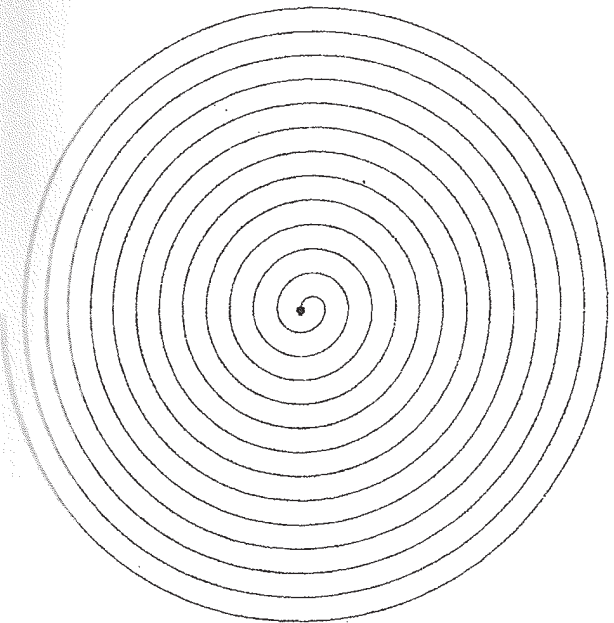
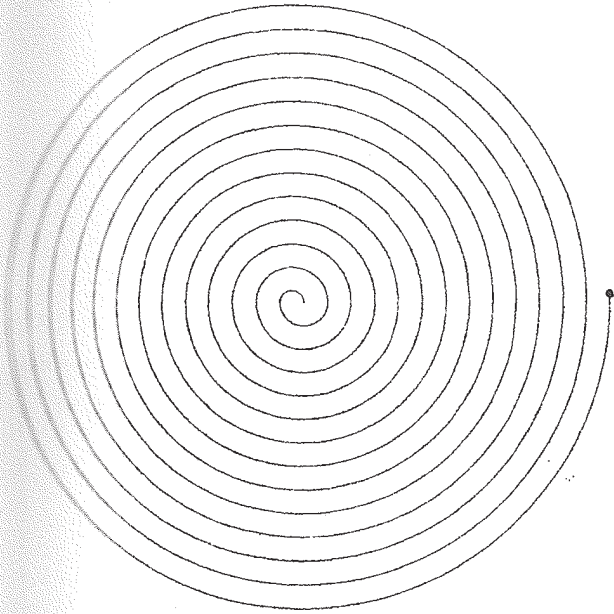
Rajzold be a tojások hiányzó mintáit!



Díszítsd ki az esernyőt!



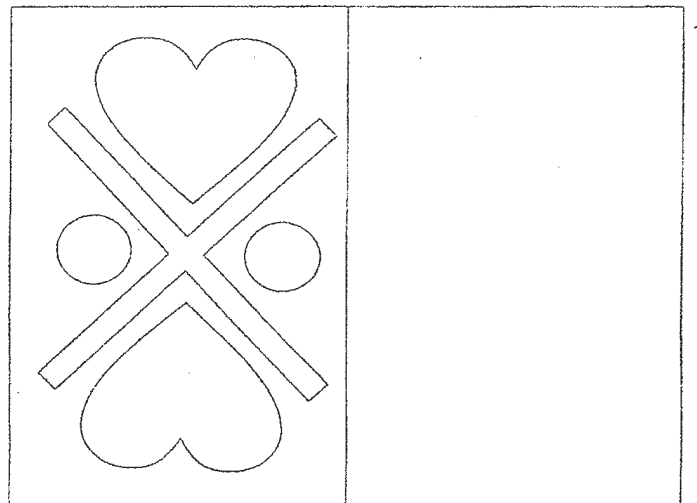
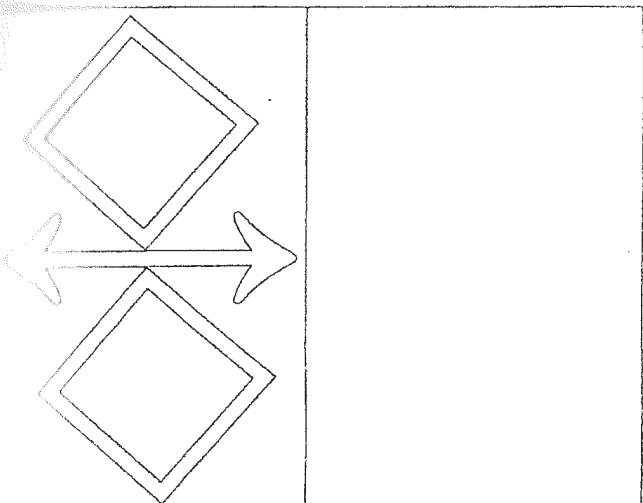
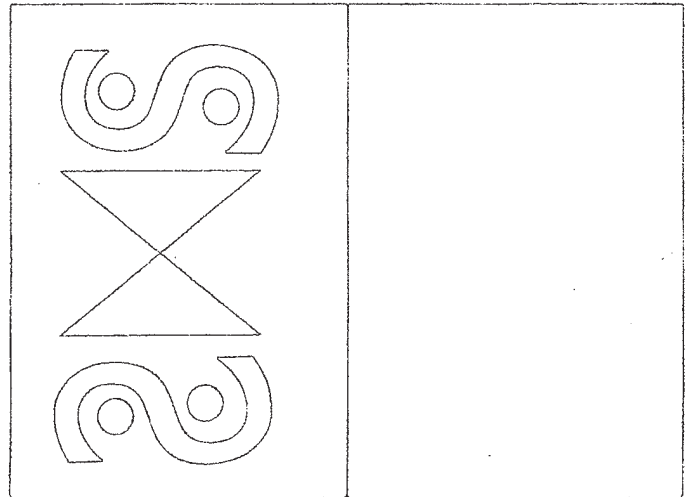
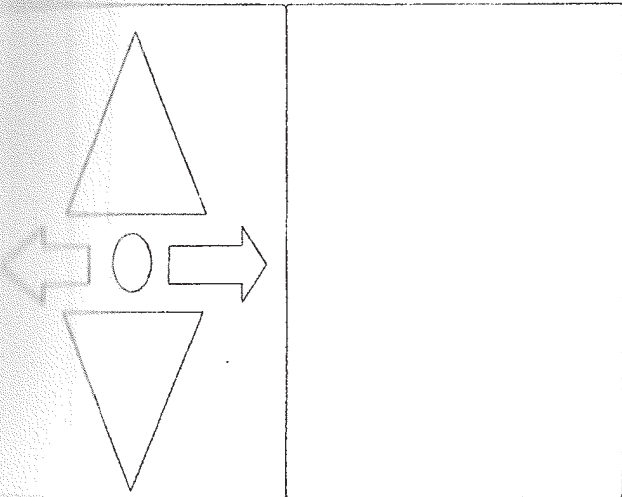
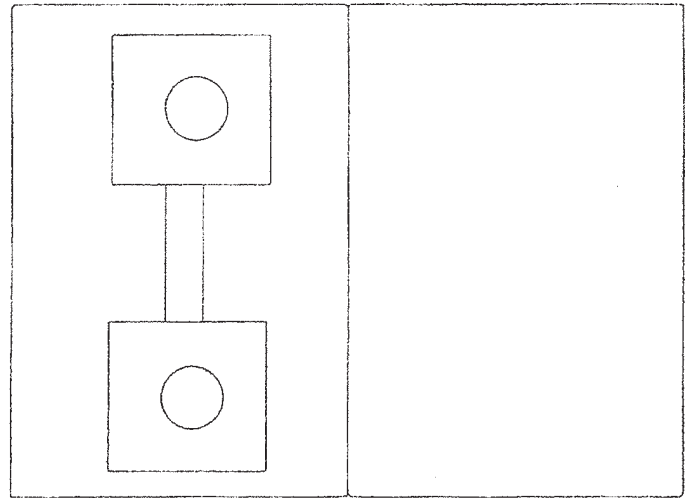
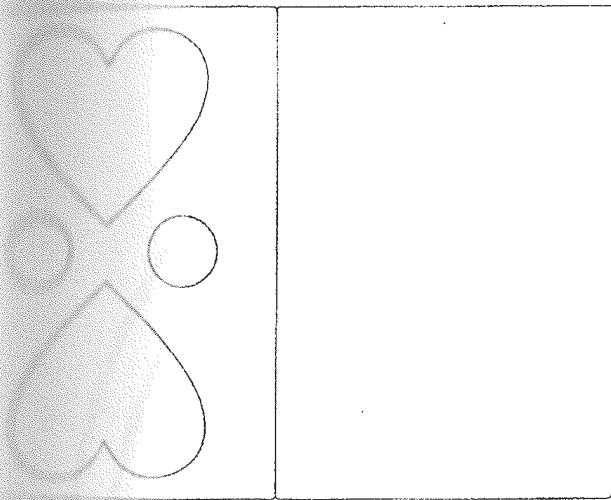
Másold át a csigavonalat kívülről befelé, majd belülről kifelé!



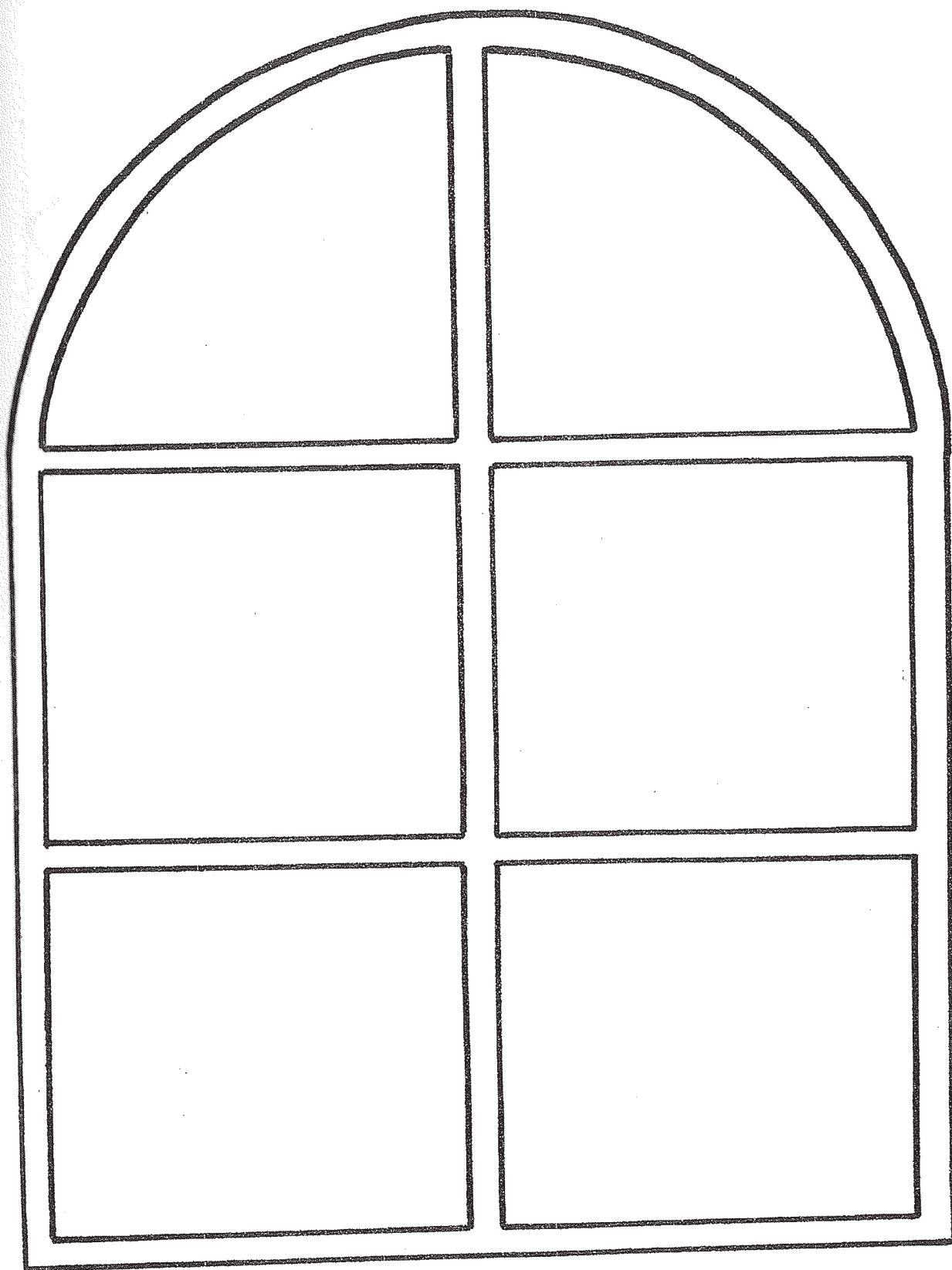
Rajzold be a négy rajzot egyenként a négyzetekbe úgy, hogy sem az oszlopokban, sem a sorokban ne legyen ismétlődés!



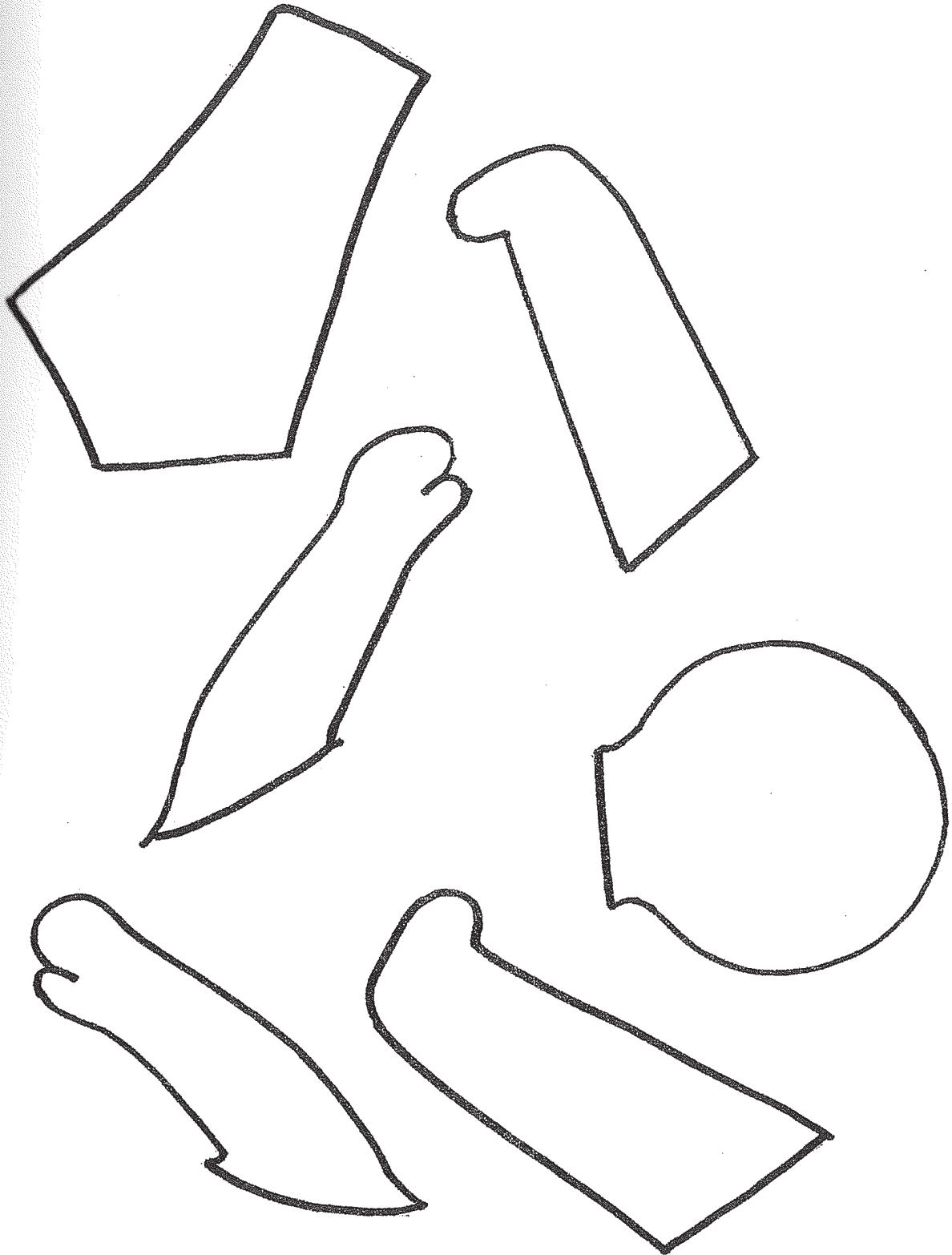
Másold át a rajzokat!



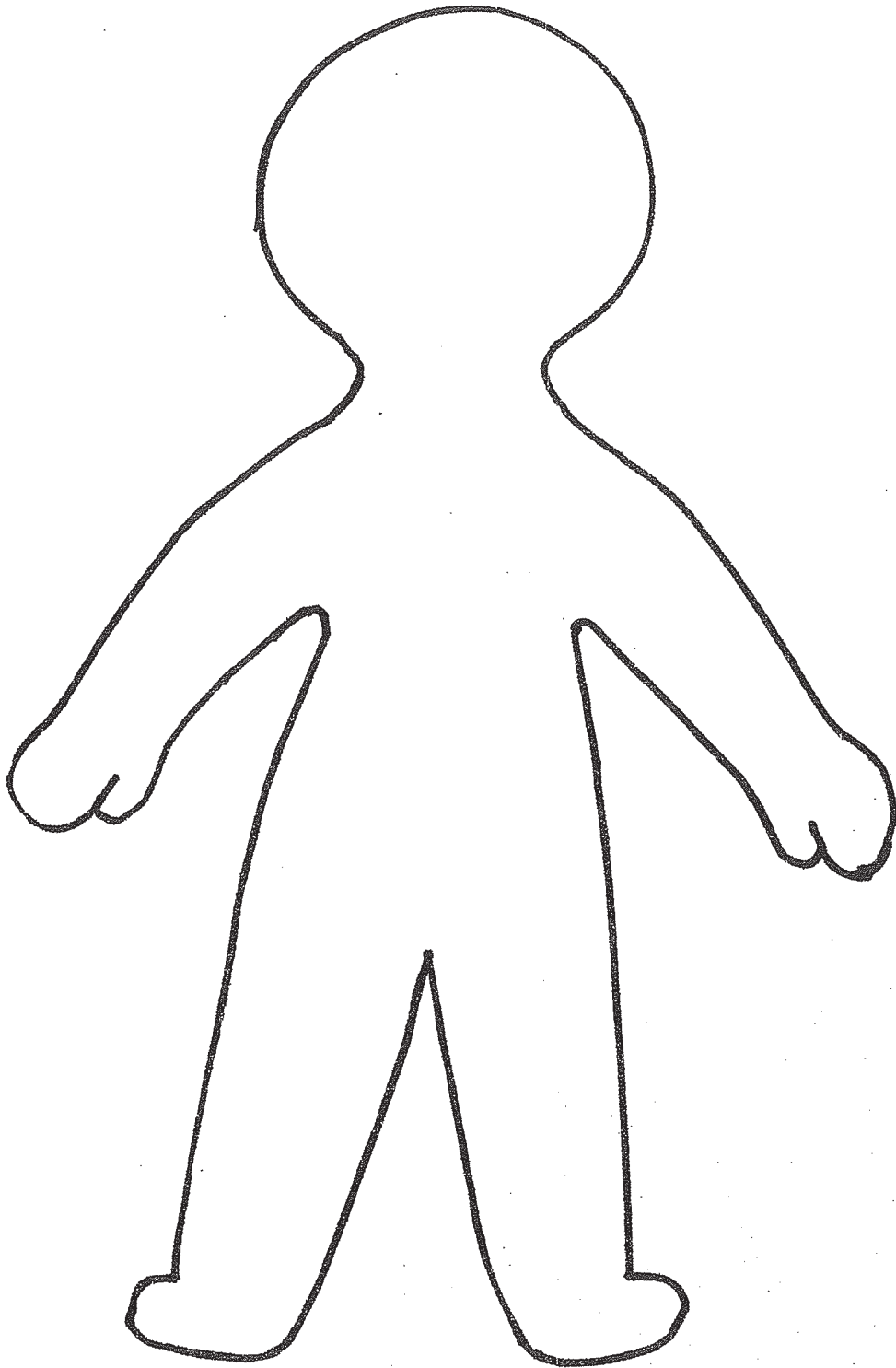
Nézz ki az ablakon, és rajzold le a tájat!



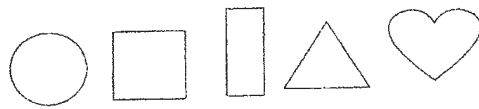
Vágd ki a testrészeket, és a másik oldalon ragaszd a megfelelő helyre!



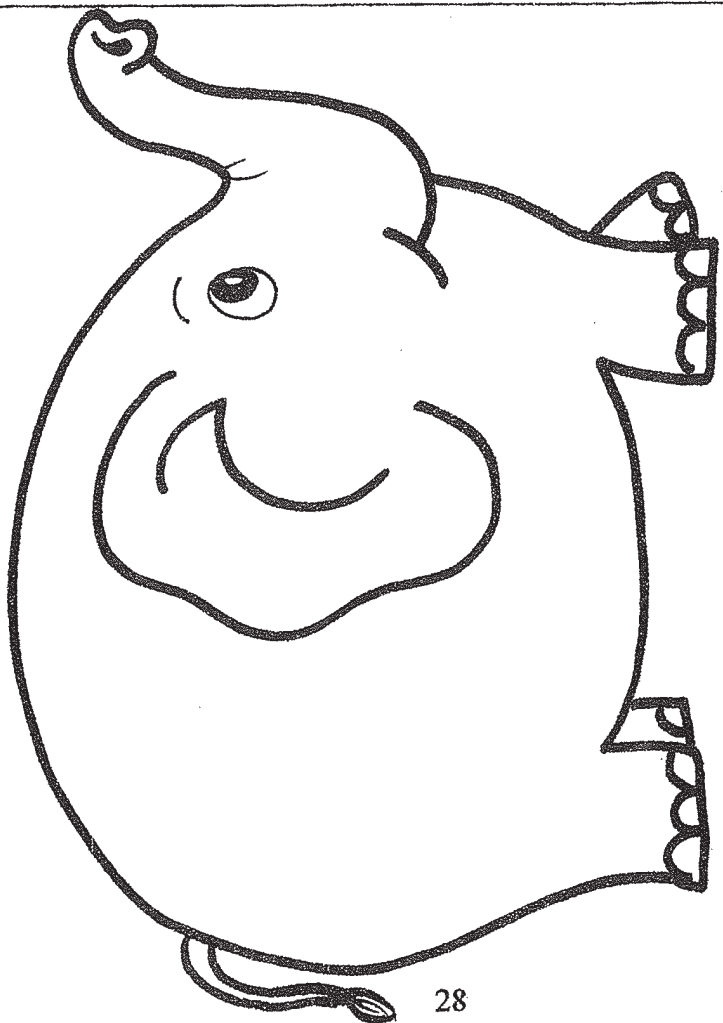
Ezután színezd ki!



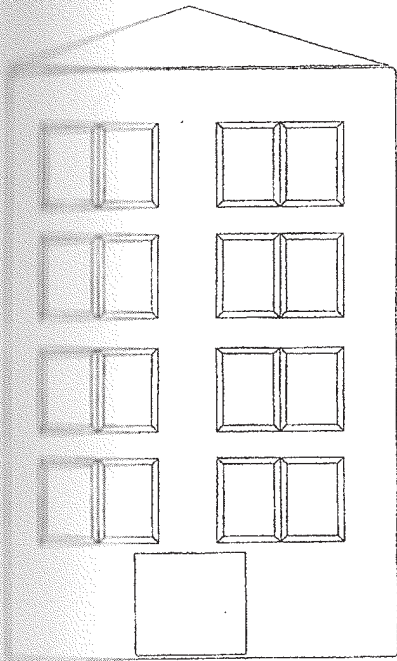
Rajzold be az öt rajzot egyenként a négyzetekbe úgy, hogy sem az oszlopokban, sem a sorokban ne legyen ismétlődés!



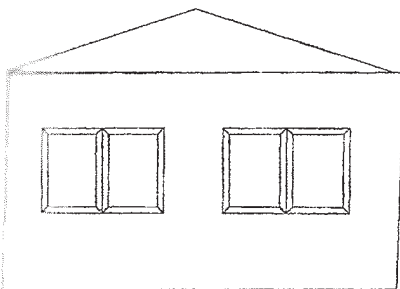
Rajzold meg az elefánt tükörképét!



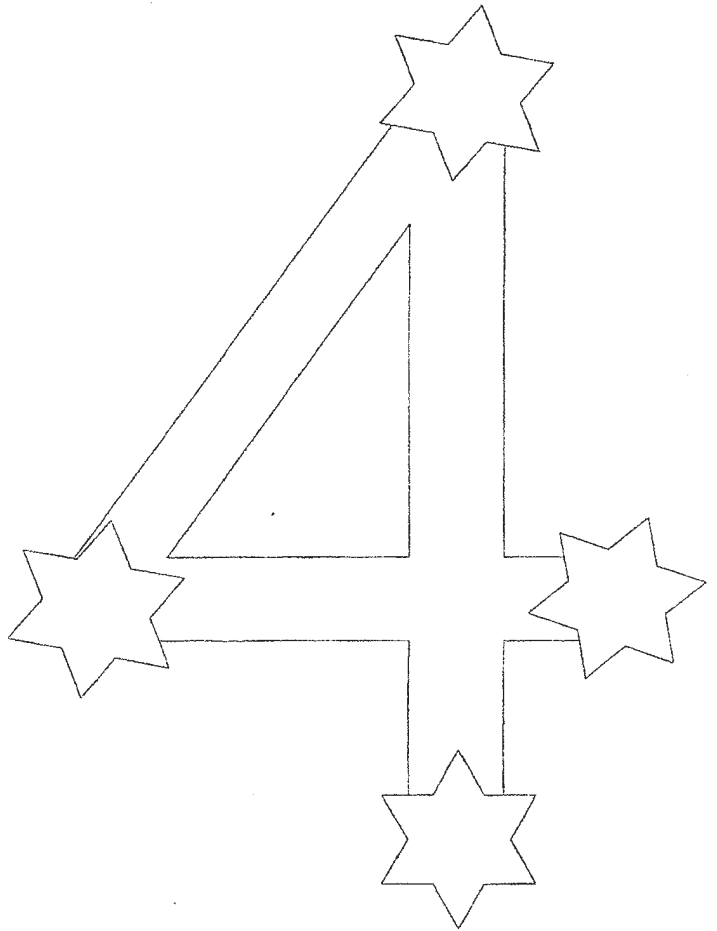
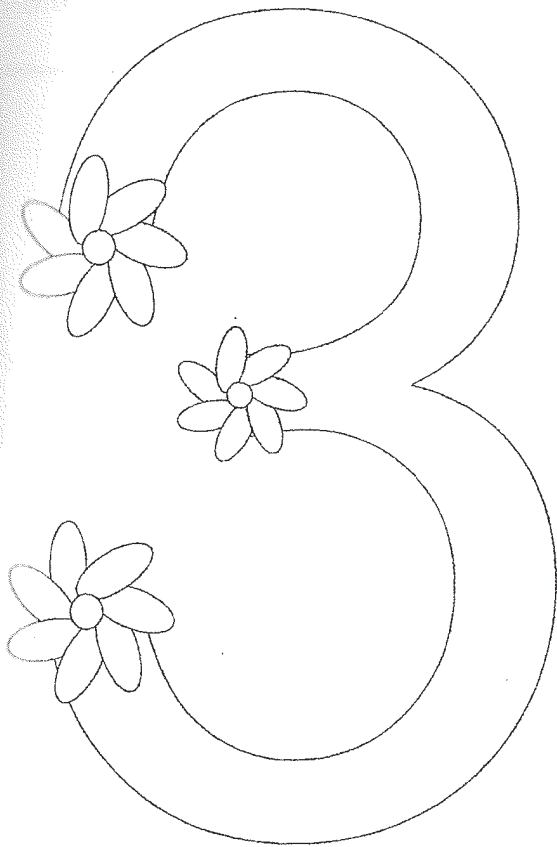
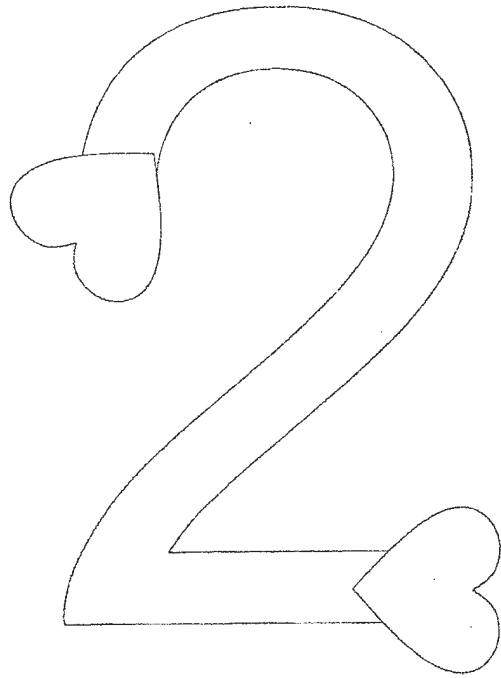
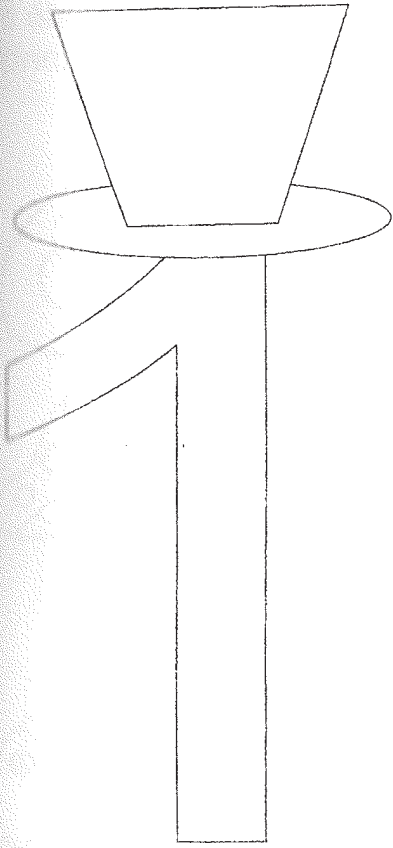
Rajzolj kisebb házakat kevesebb ablakkal!



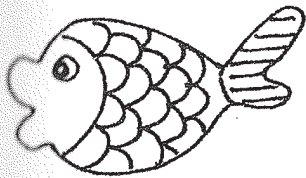
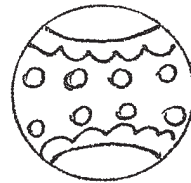
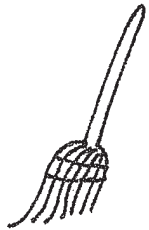
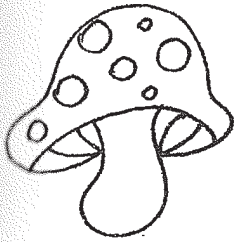
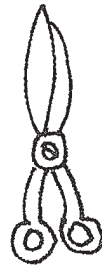
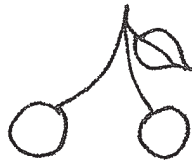
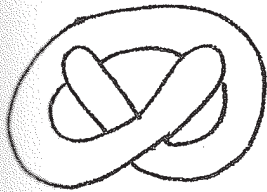
Rajzolj nagyobb házakat több ablakkal!



Színezd ki a számokat!



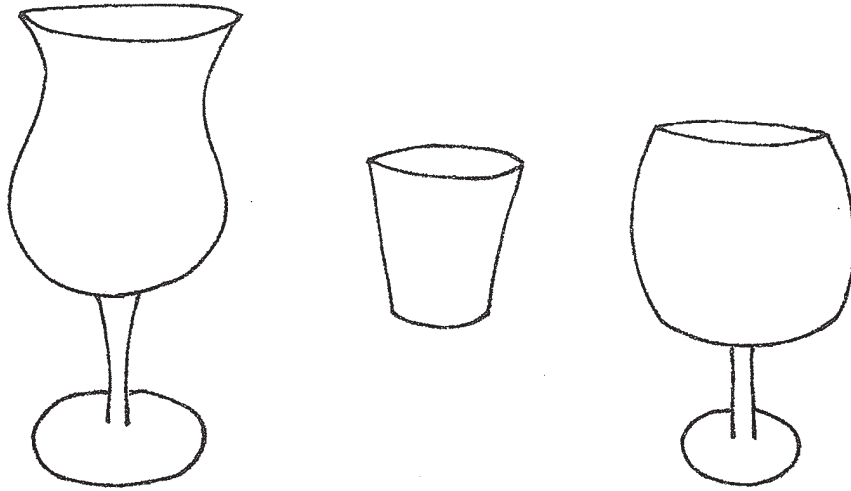
Mit ábrázolnak a rajzok? Sorold fel a nevüket! Hol helyezkednek el?
Színezd ki őket!



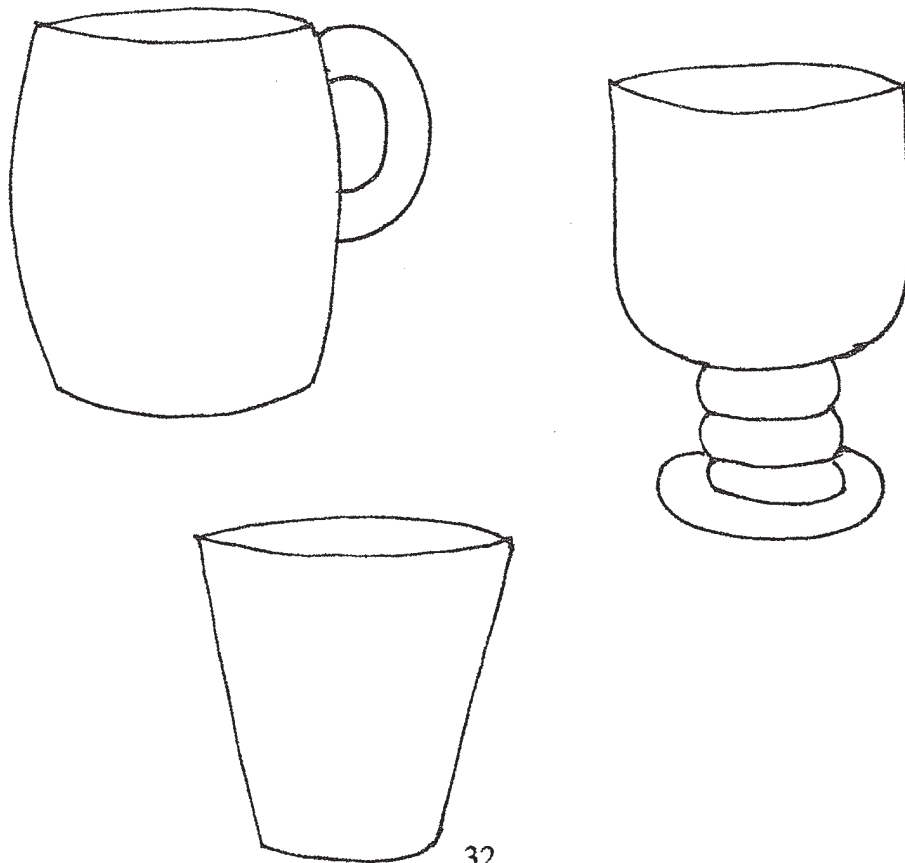
Másold le a rajzokat a helyzetüknek megfelelő négyzetekbe!

Önts (vagyis rajzolj) vizet a poharakba!

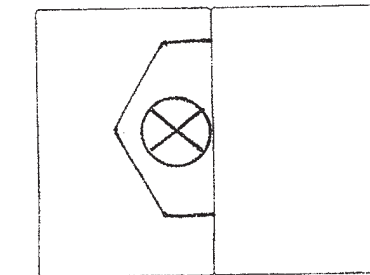
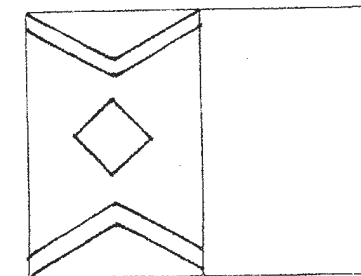
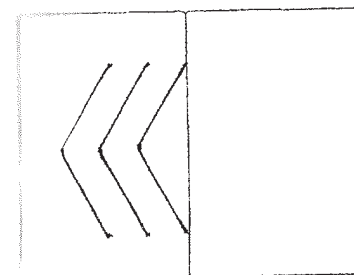
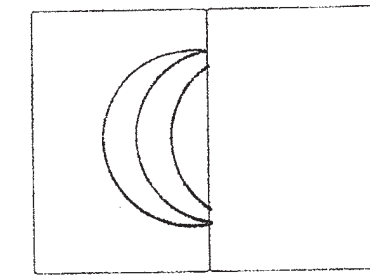
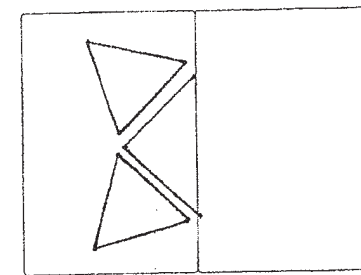
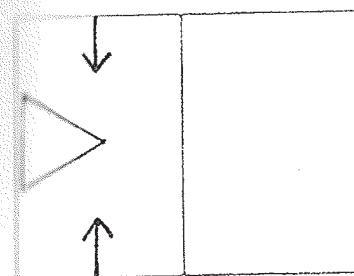
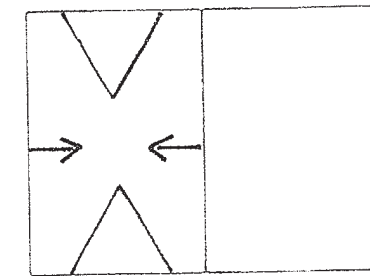
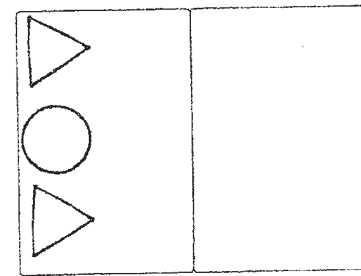
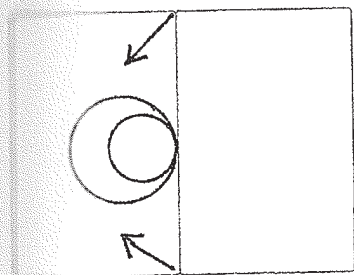
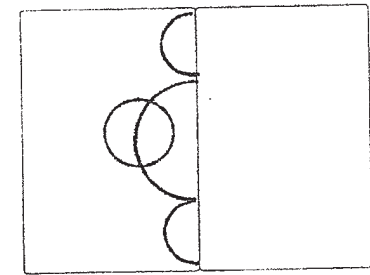
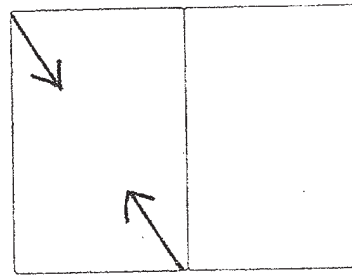
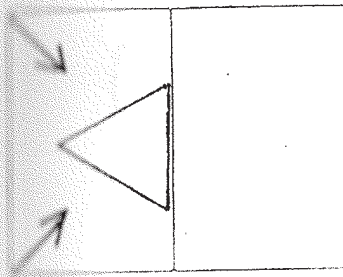
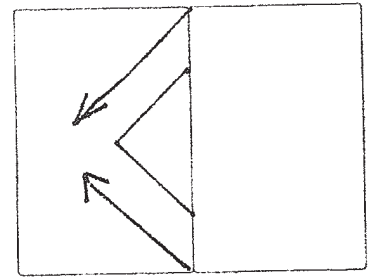
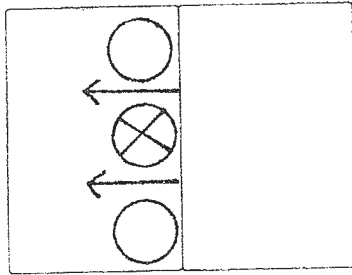
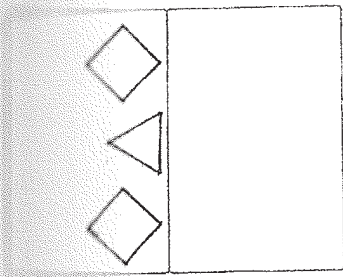
félig



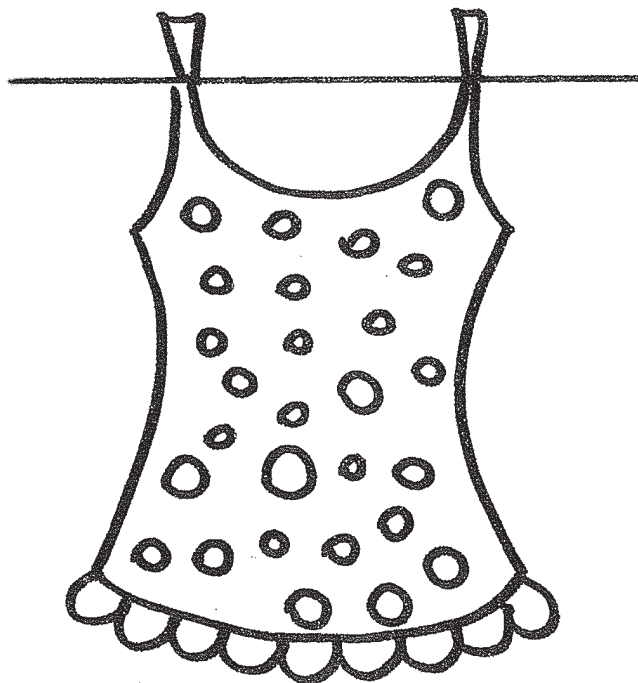
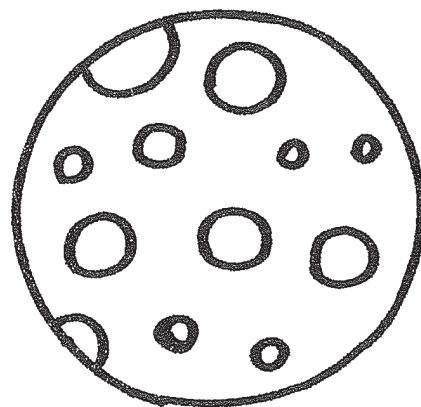
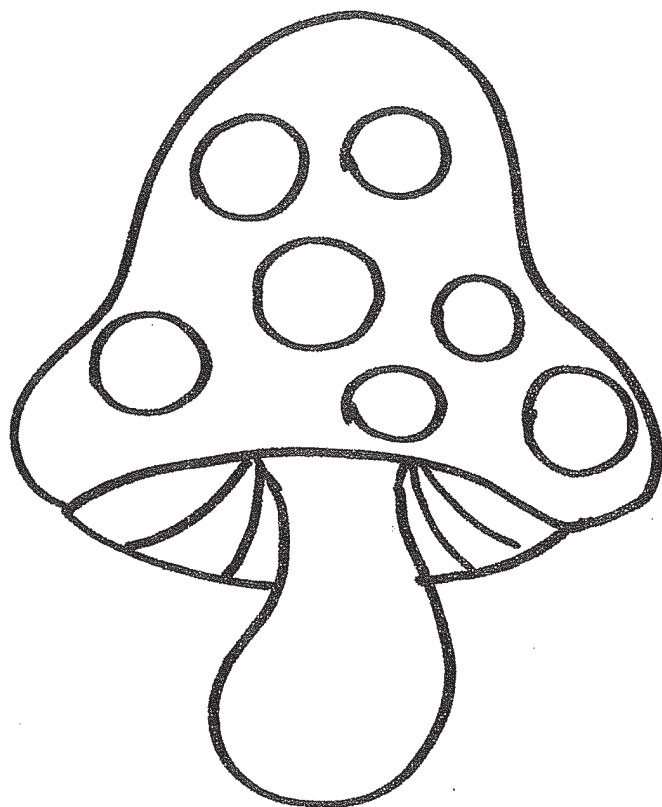
teli



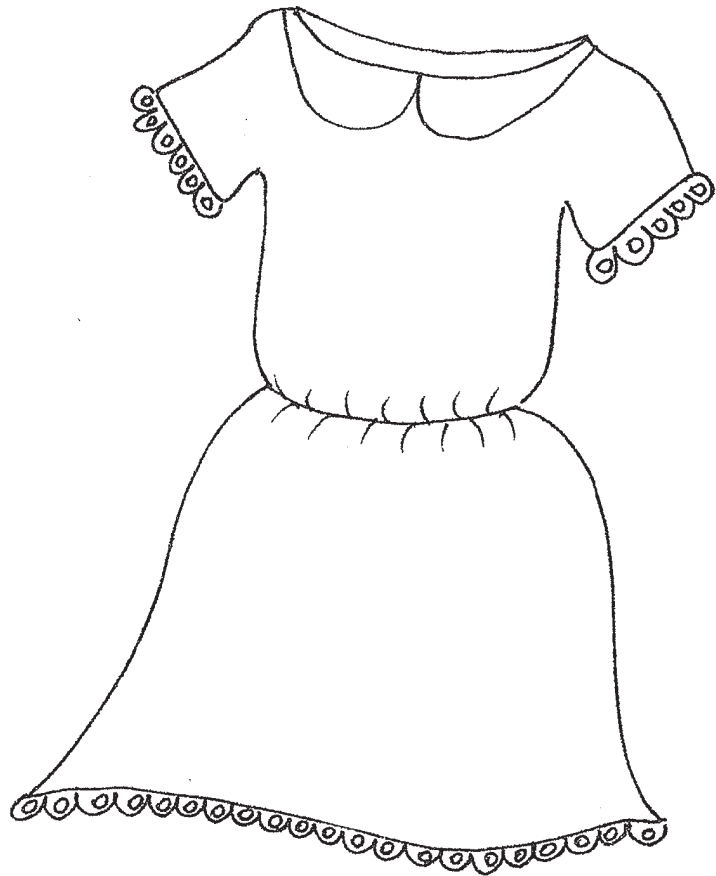
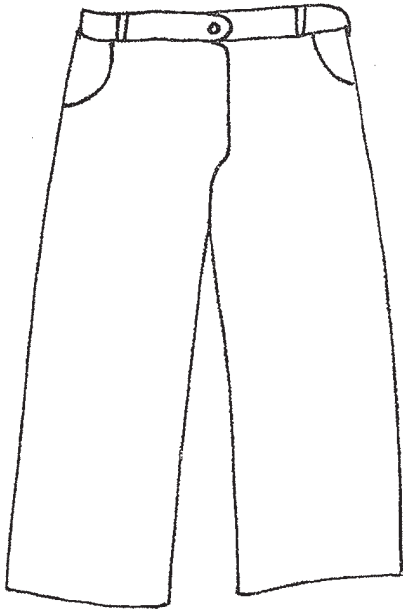
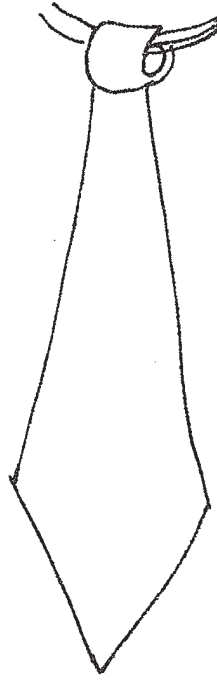
Rajzold le a tükörképét!



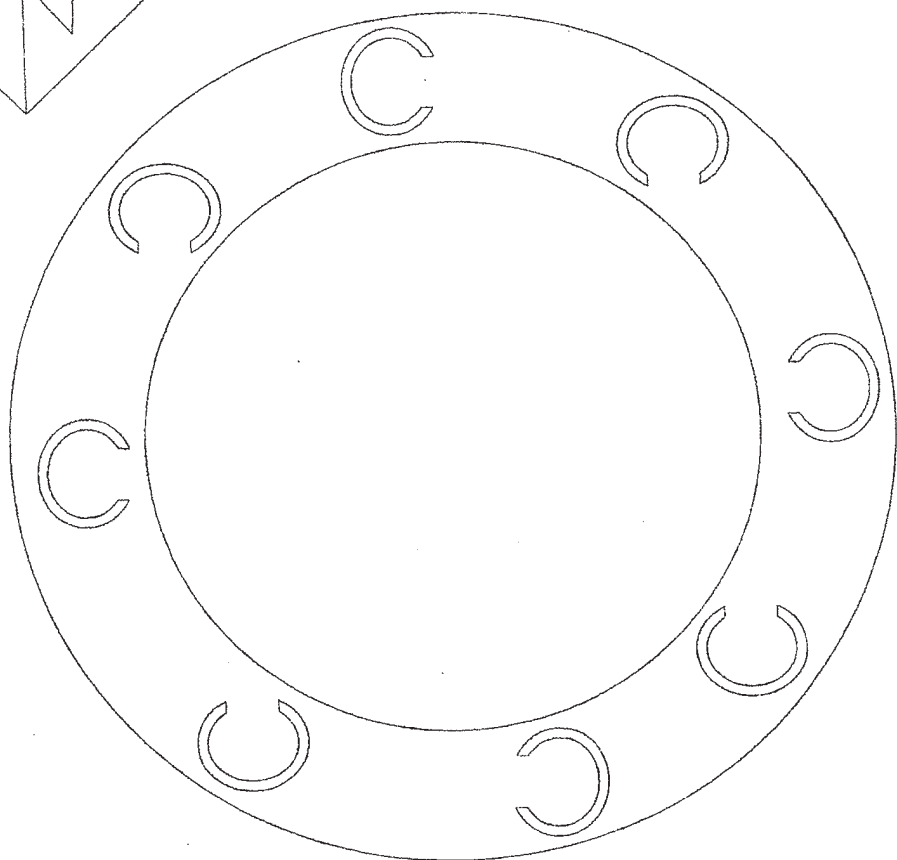
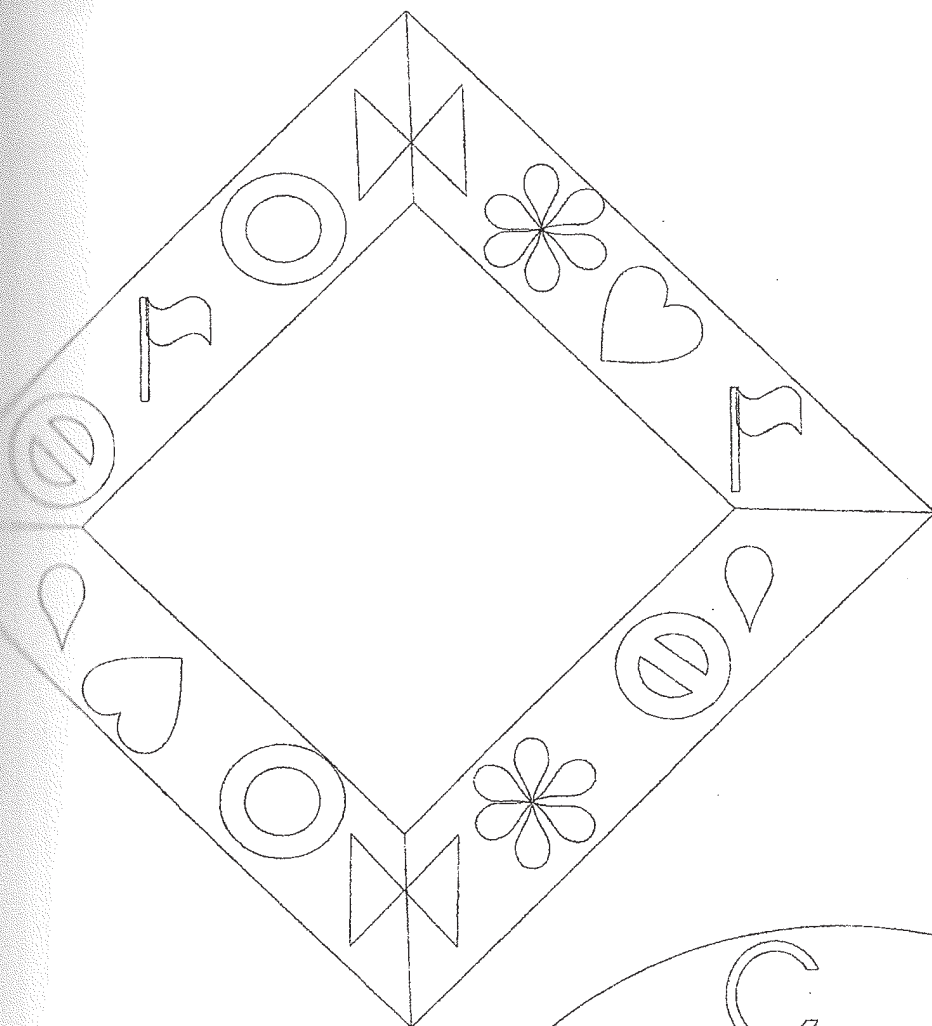
Mi a közös a képekben?



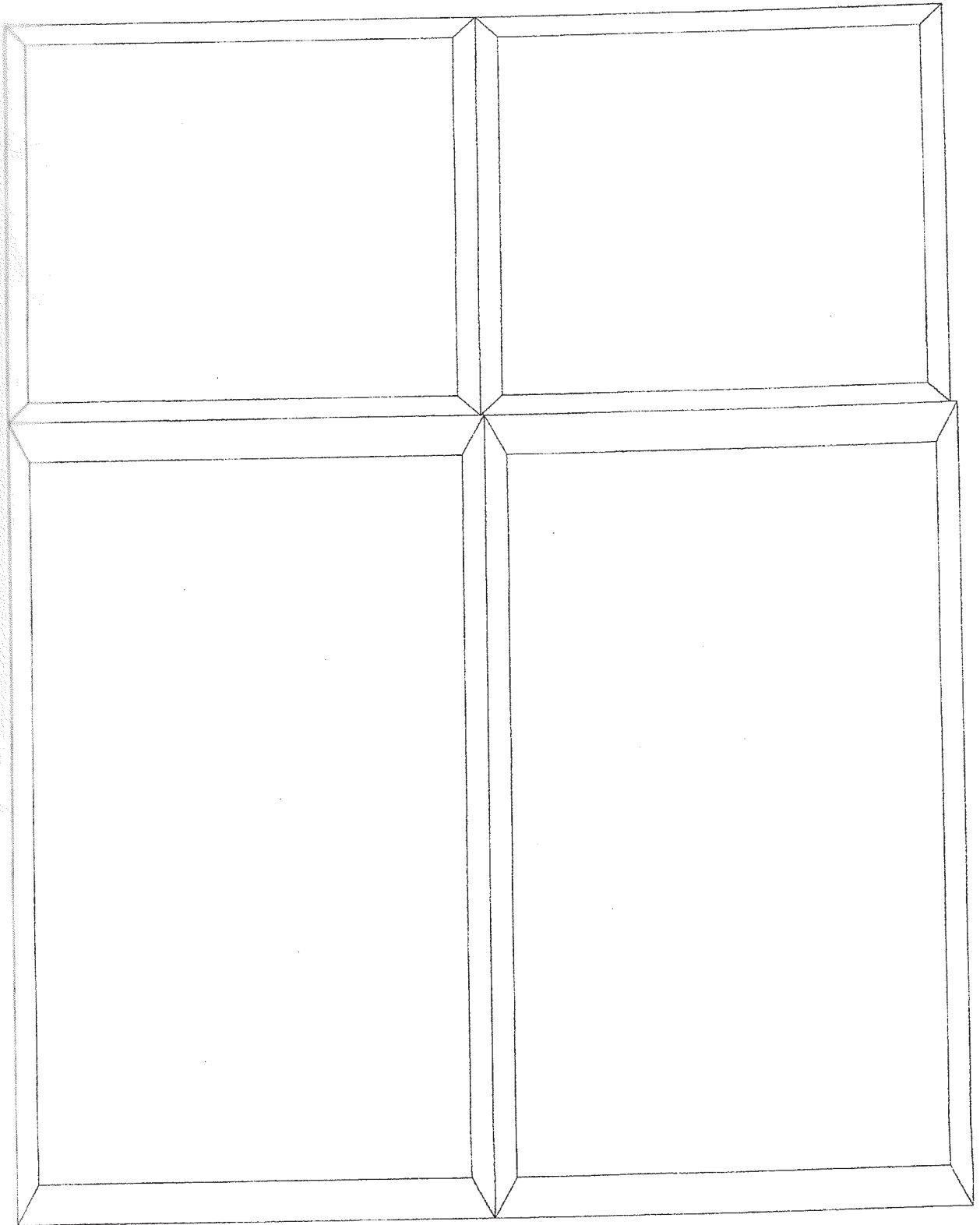
#rajzold kockás mintát a ruhadarabokra!



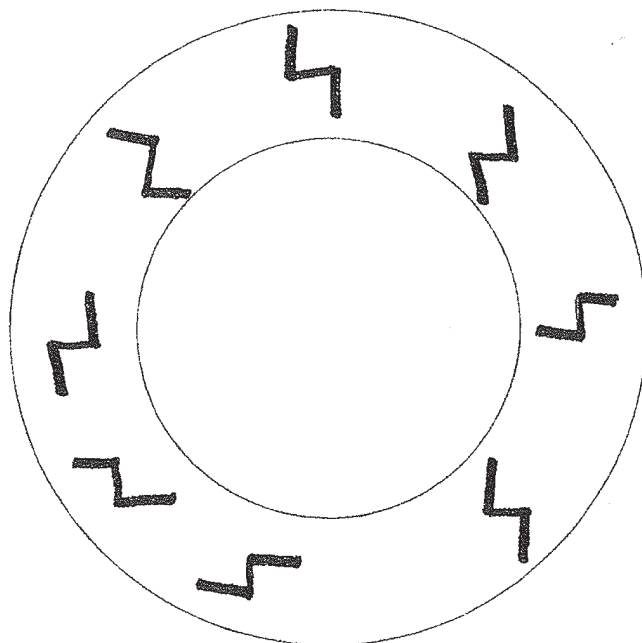
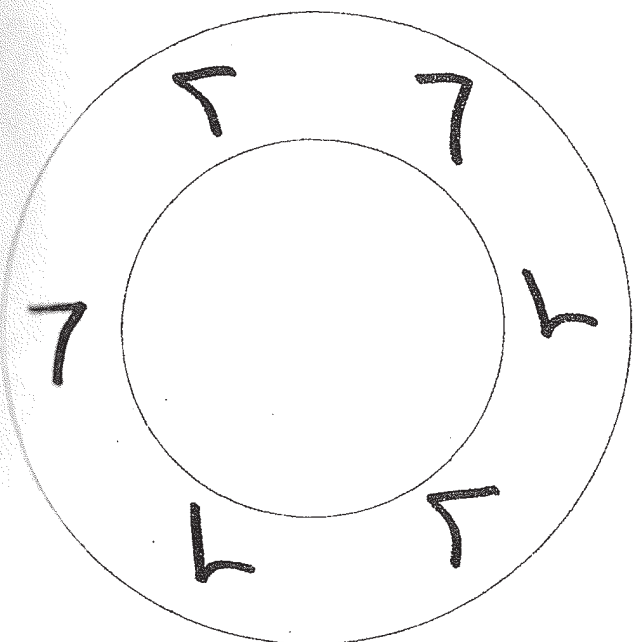
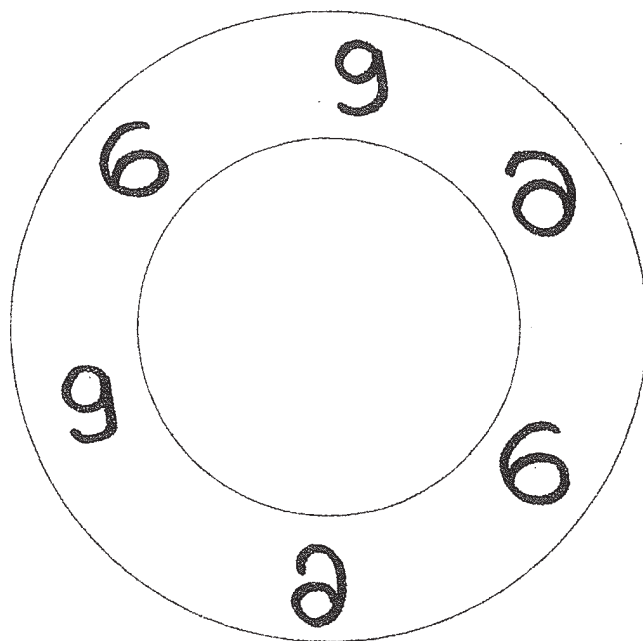
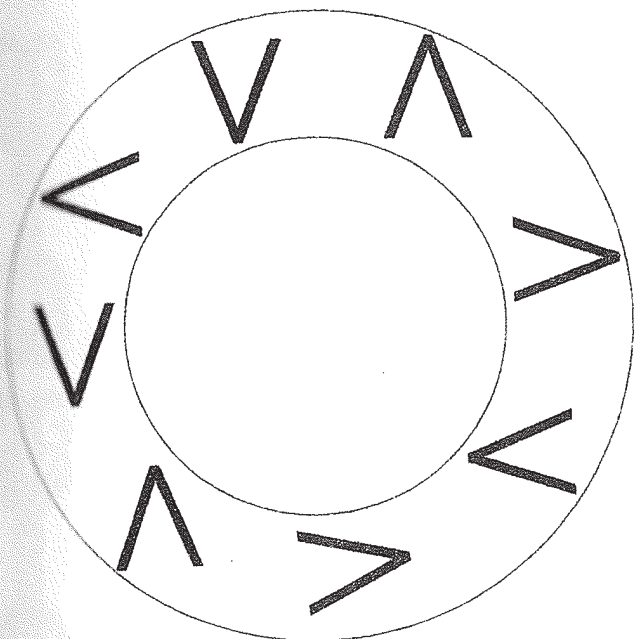
Kösd össze az azonos ábrákat!
Színezd egyformára az egymáshoz tartozókat!



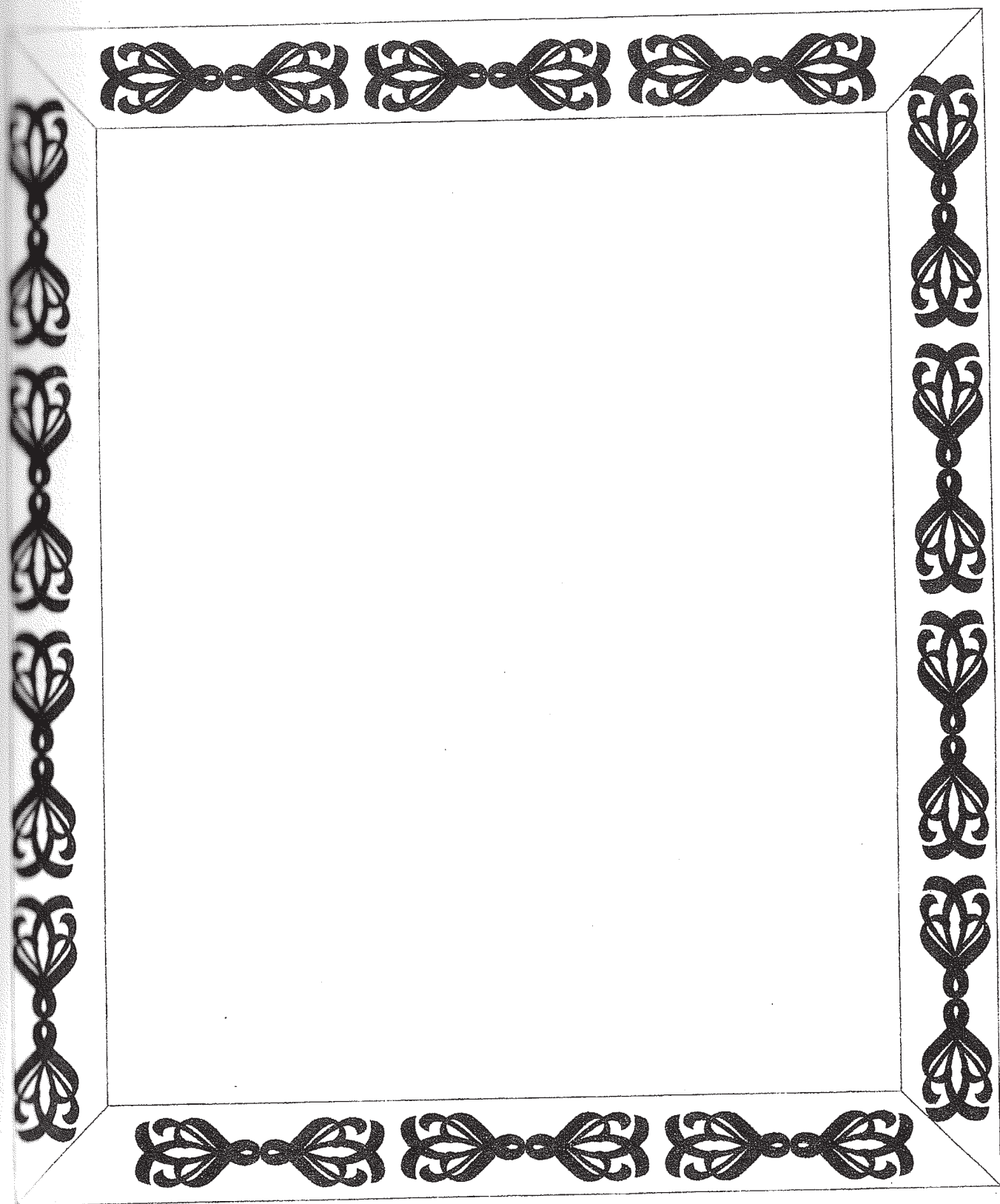
Rajzolj jégvirágokat az ablaküvegre!



Kösd össze az azonos ábrákat!



Rajzold le a tükörképed!



Rajzold le a

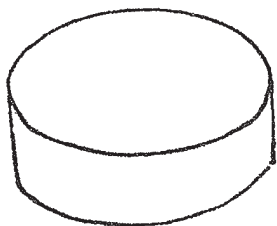
lapát nyelét



csavar menetét



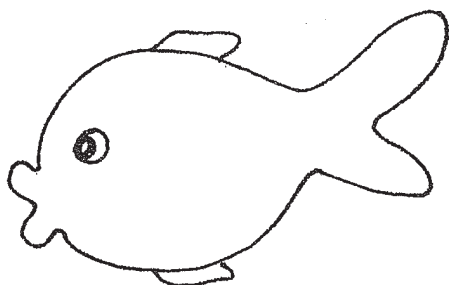
torta díszét



virág szirmait



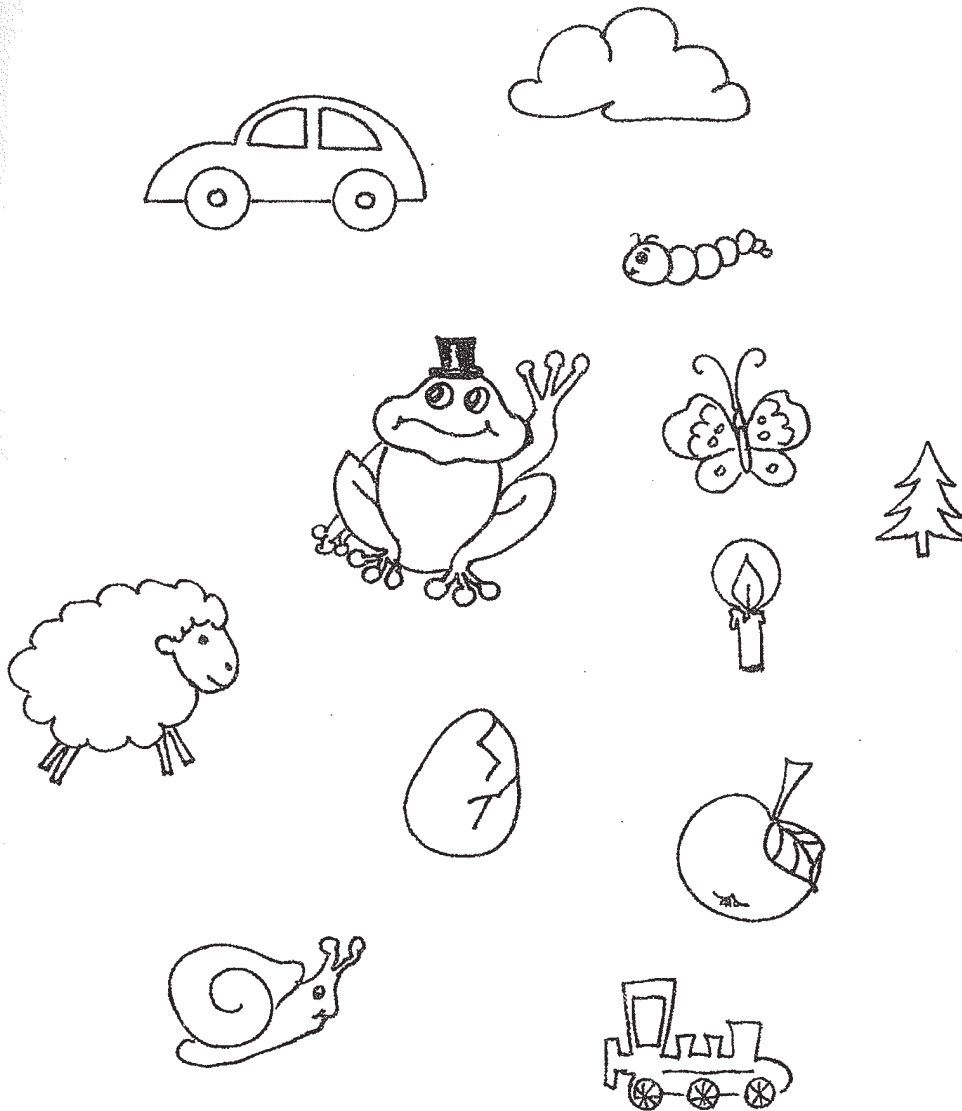
hal pikkelyeit



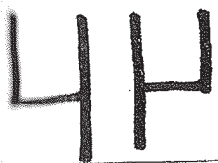
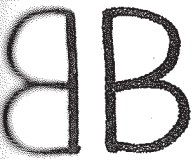
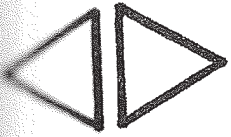
dinnye magjait



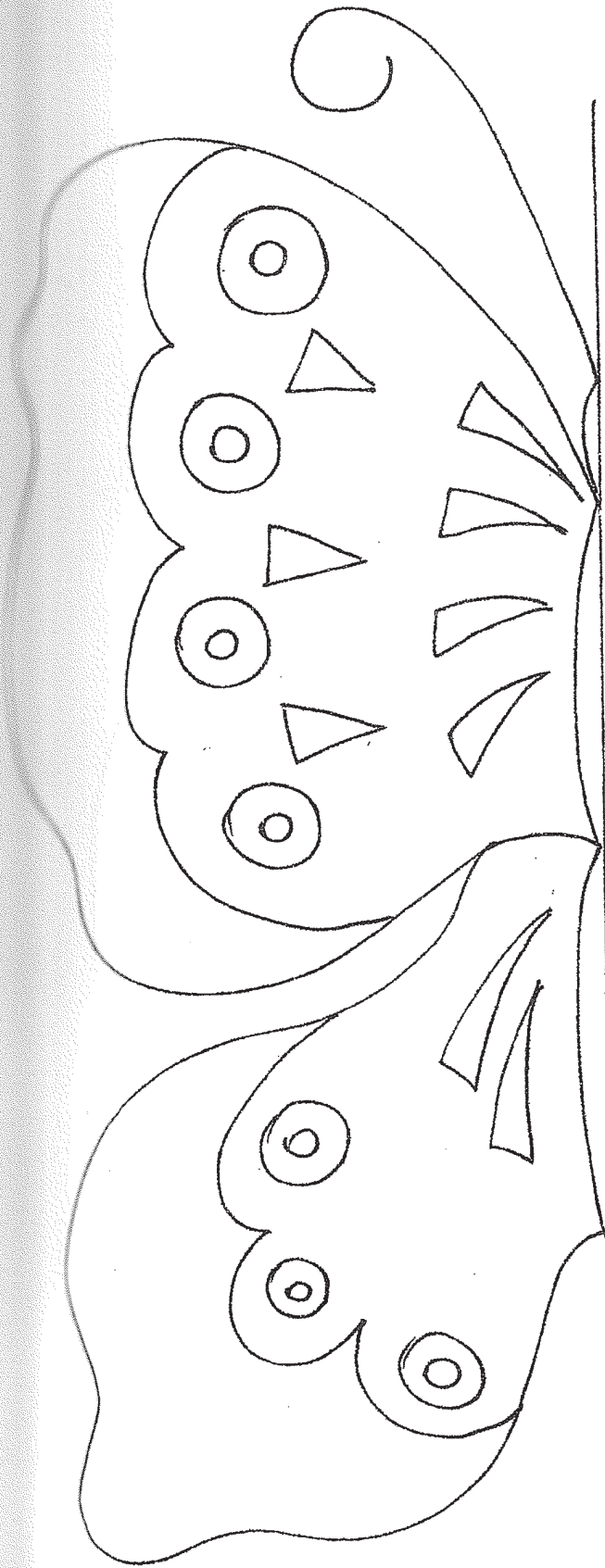
Jól figyeld meg az ábrákat!
Azután csukd össze a könyvet, és sorold fel őket emlékezetből!



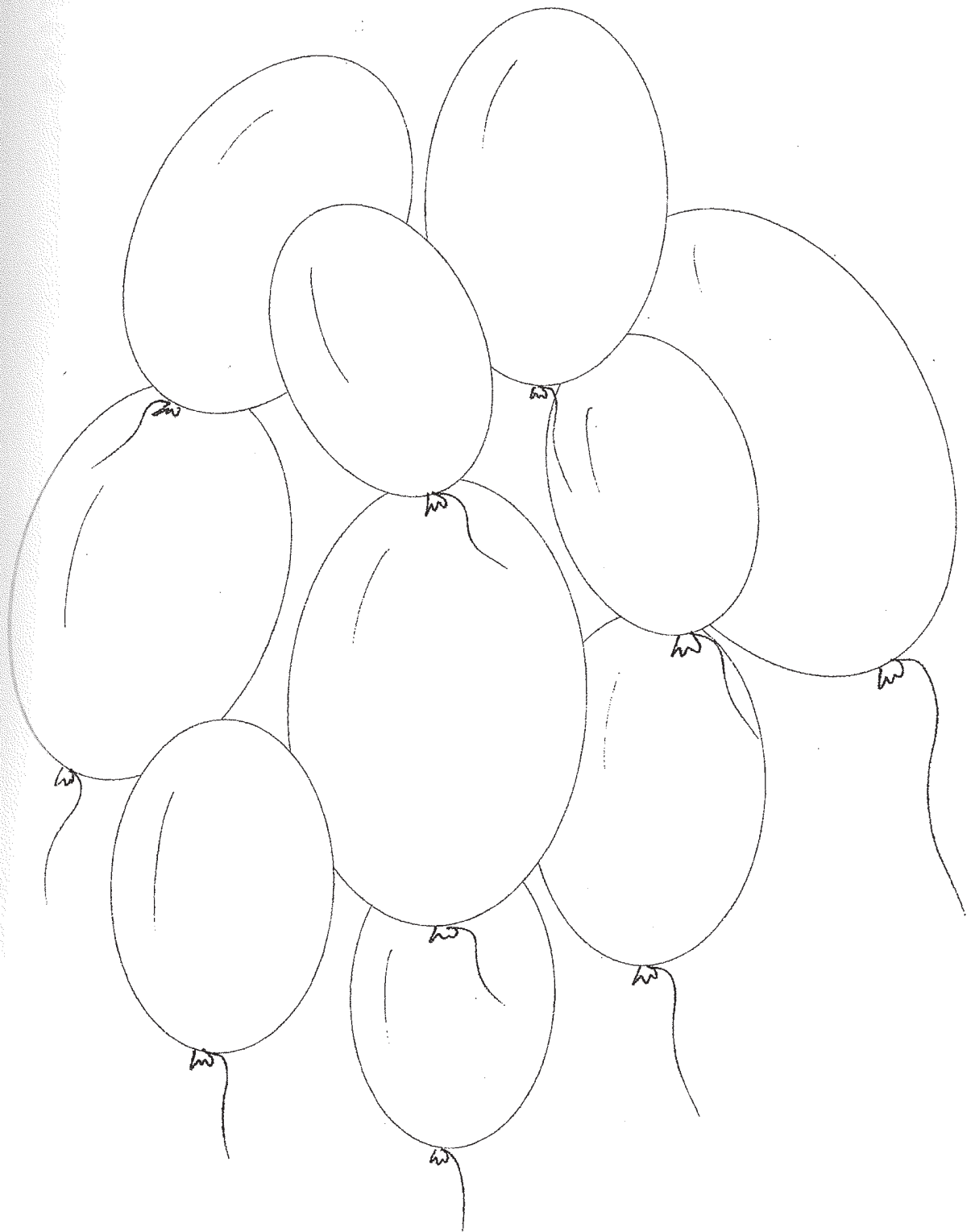
lytasd a sort!



Árajzold meg a lepke másik felét!

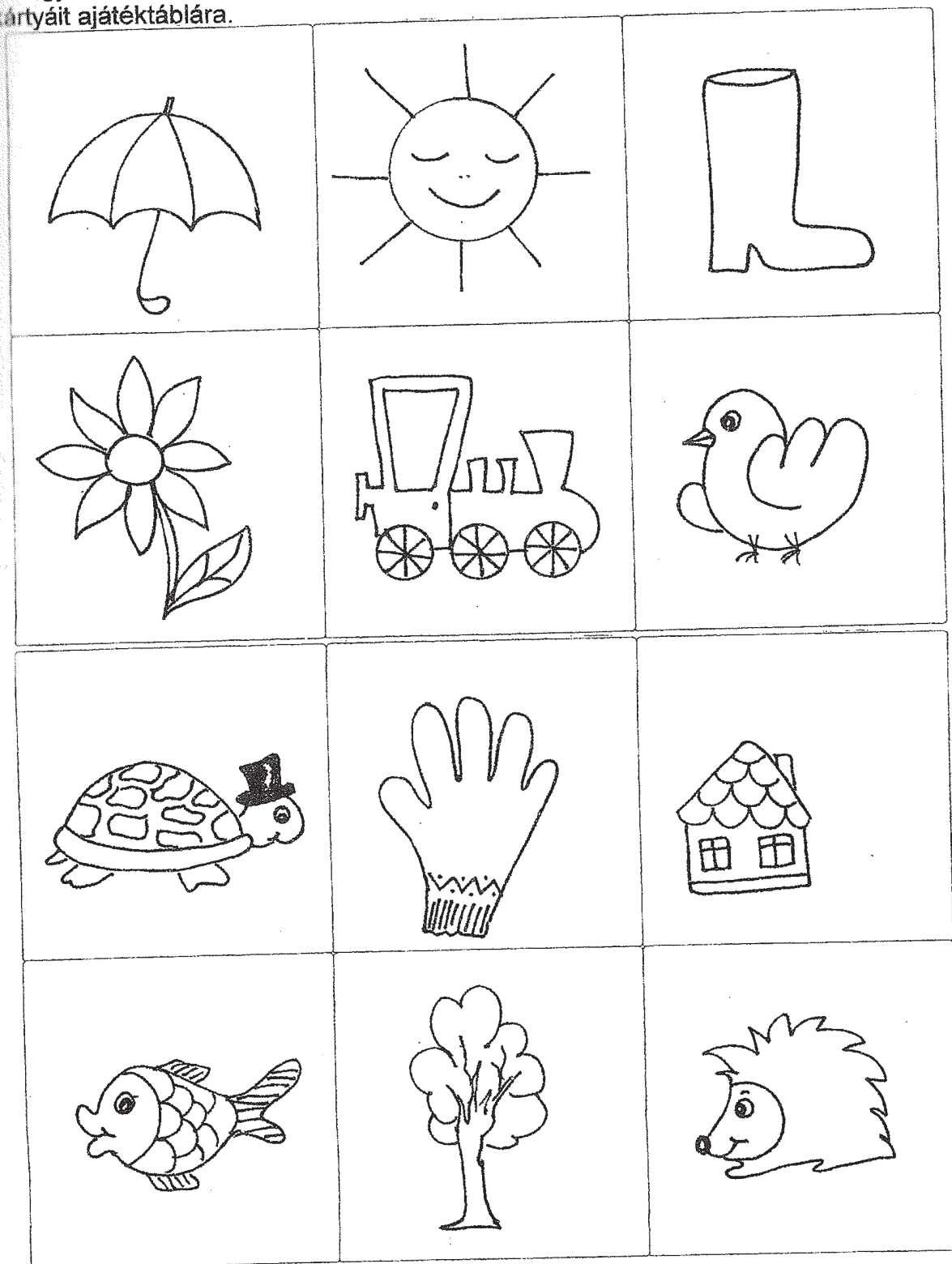


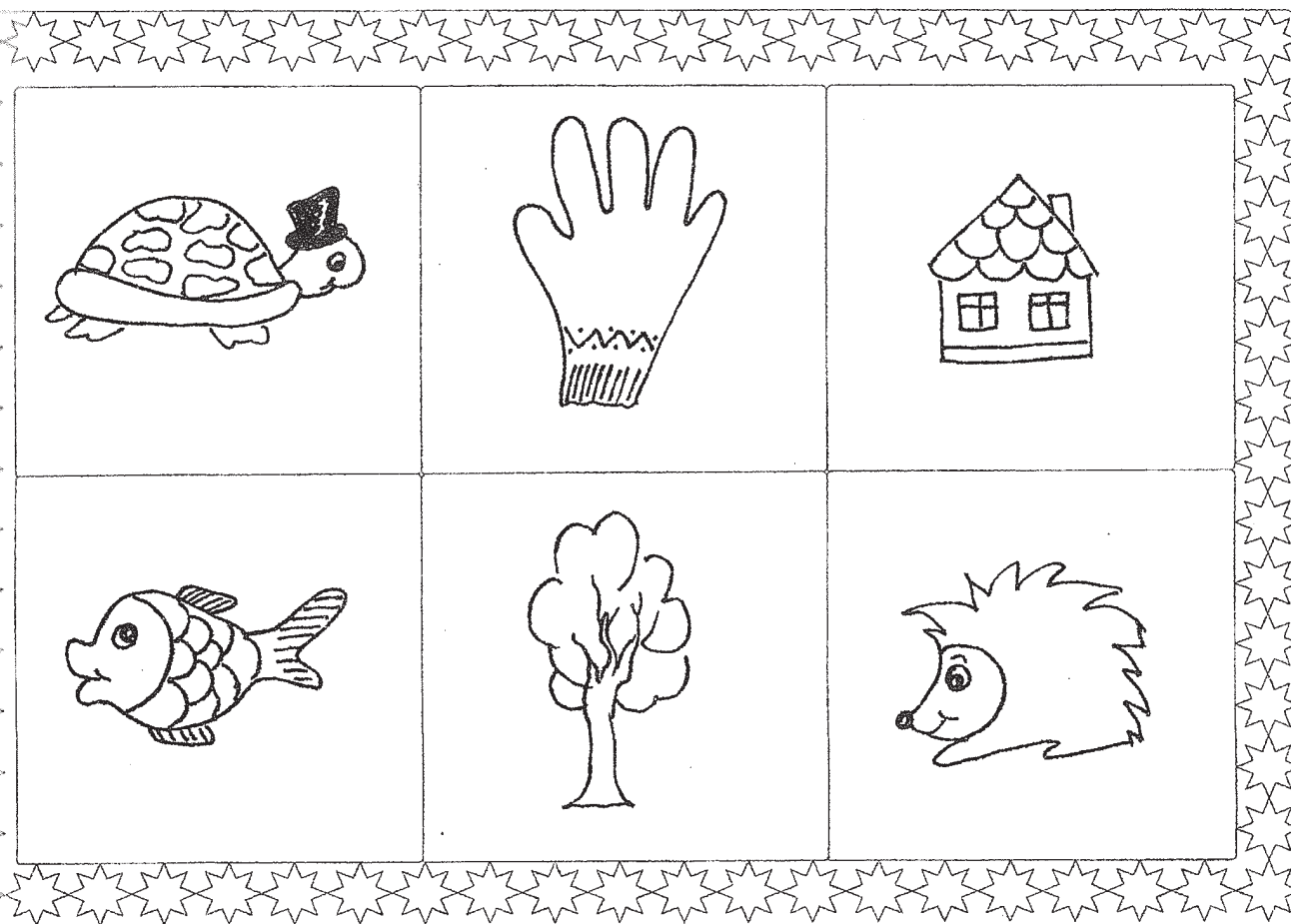
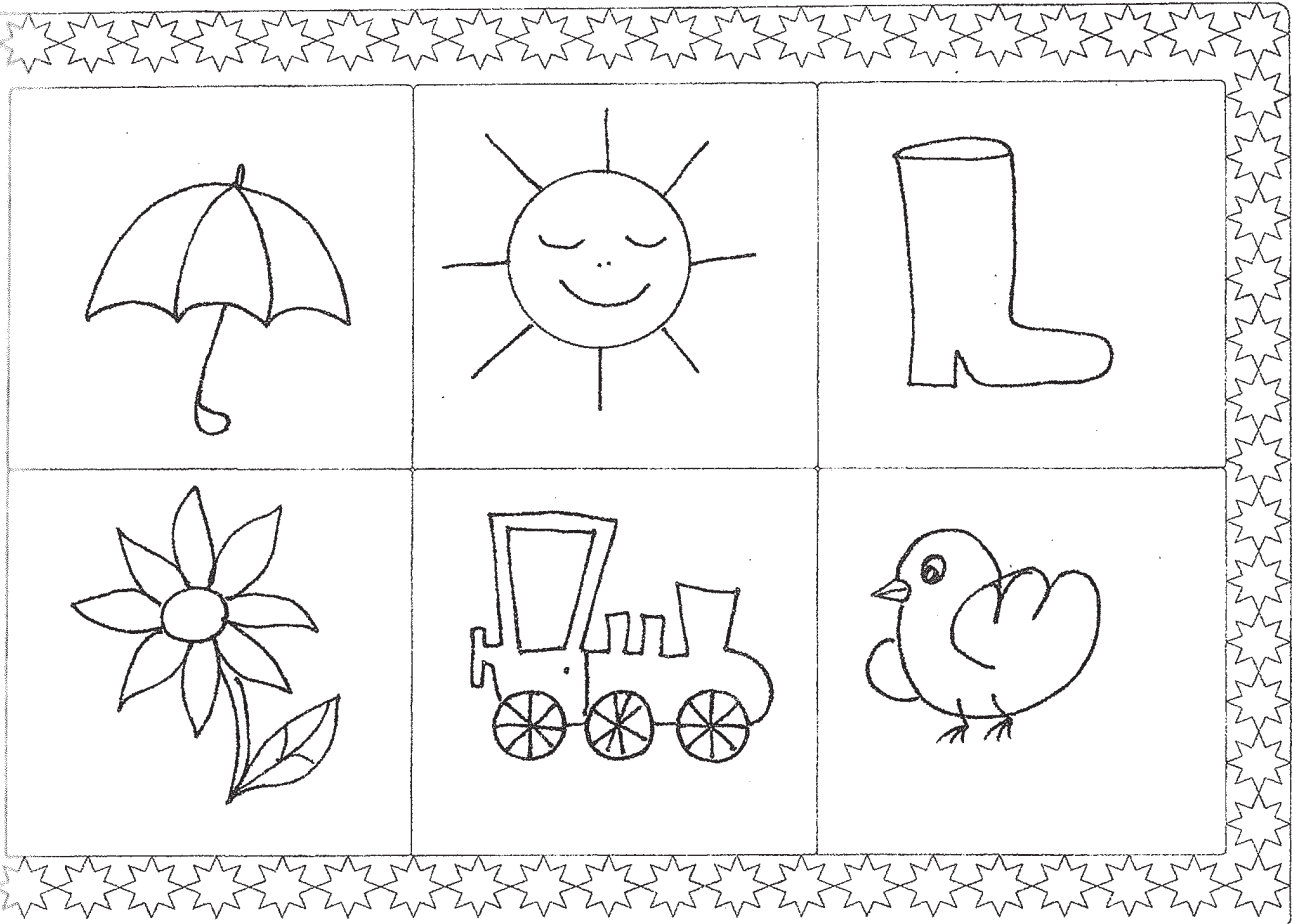
Színezd a lufikat különféle színűre!



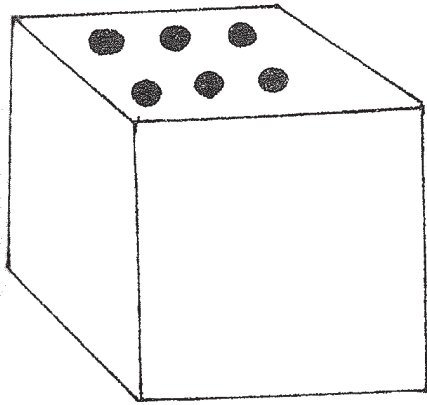
TÁRSASJÁTÉK

Az alakzatokat színezd ki és ragaszd kartonra. A vonal mentén vágd ki a négyzeteket. Kártyalapokat kaptál. Ezeket kell kirakni a másik oldalon lévő játéktáblára. Úgy kezded, hogy a kártyákat lefelé fordítod és összekevered. Ezután egyenként felemeled, és megkeresed a helyét a játéktáblán. Párban is lehet játszani. Az egyik tábla a tiéd, a másik a társadé. Az győz, aki előbb megtalálja és felrakja a kártyáit a játéktáblára.

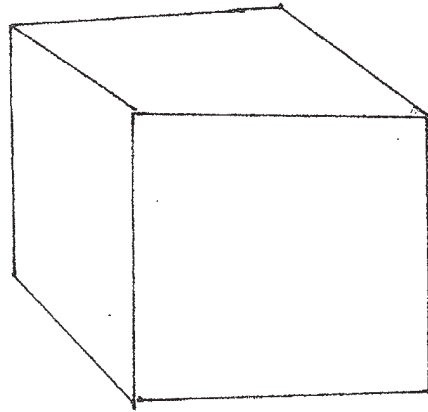




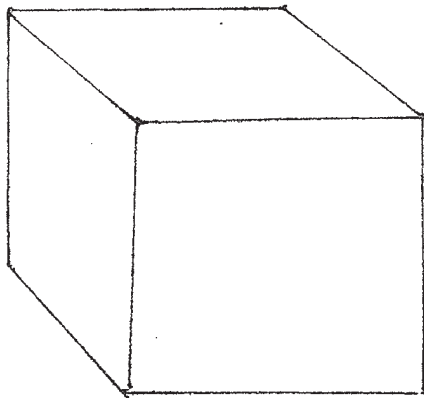
Guríts a kockákkal! Pótold a pontokat!



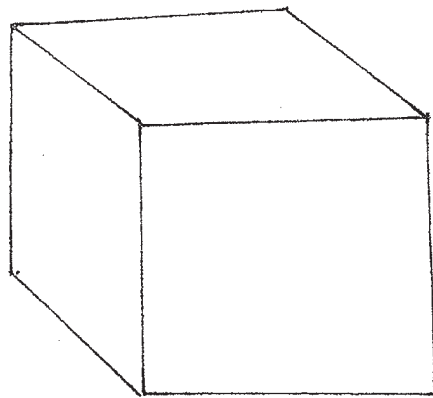
6



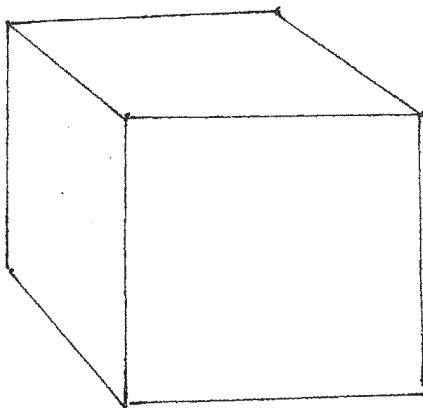
5



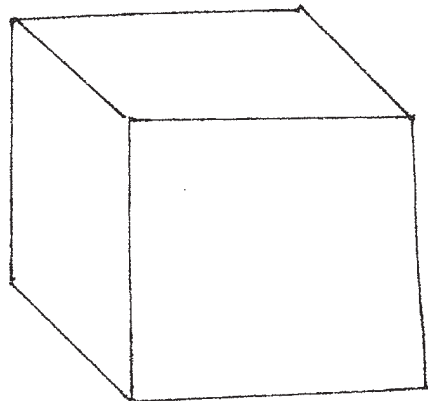
3



1

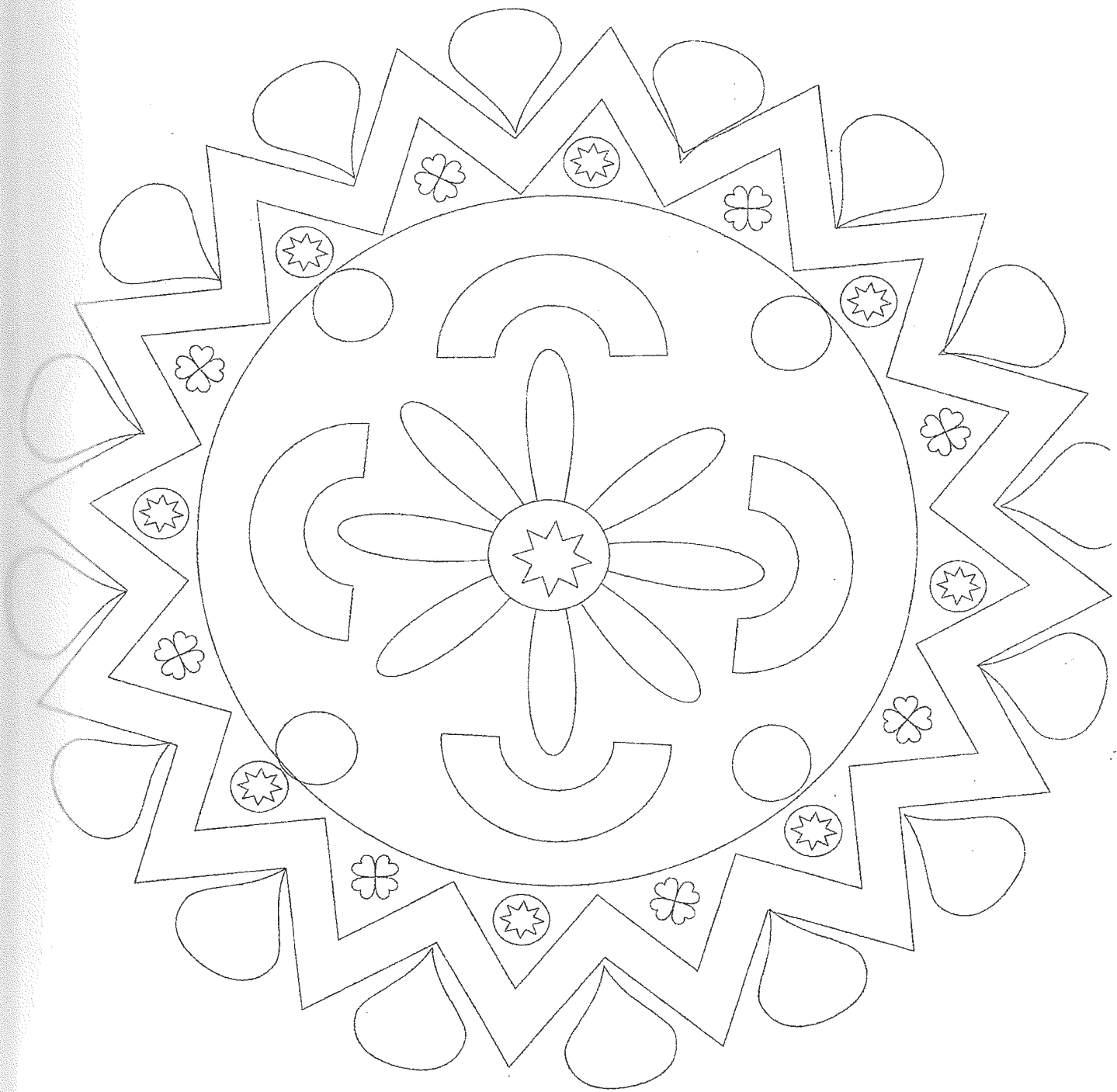


4

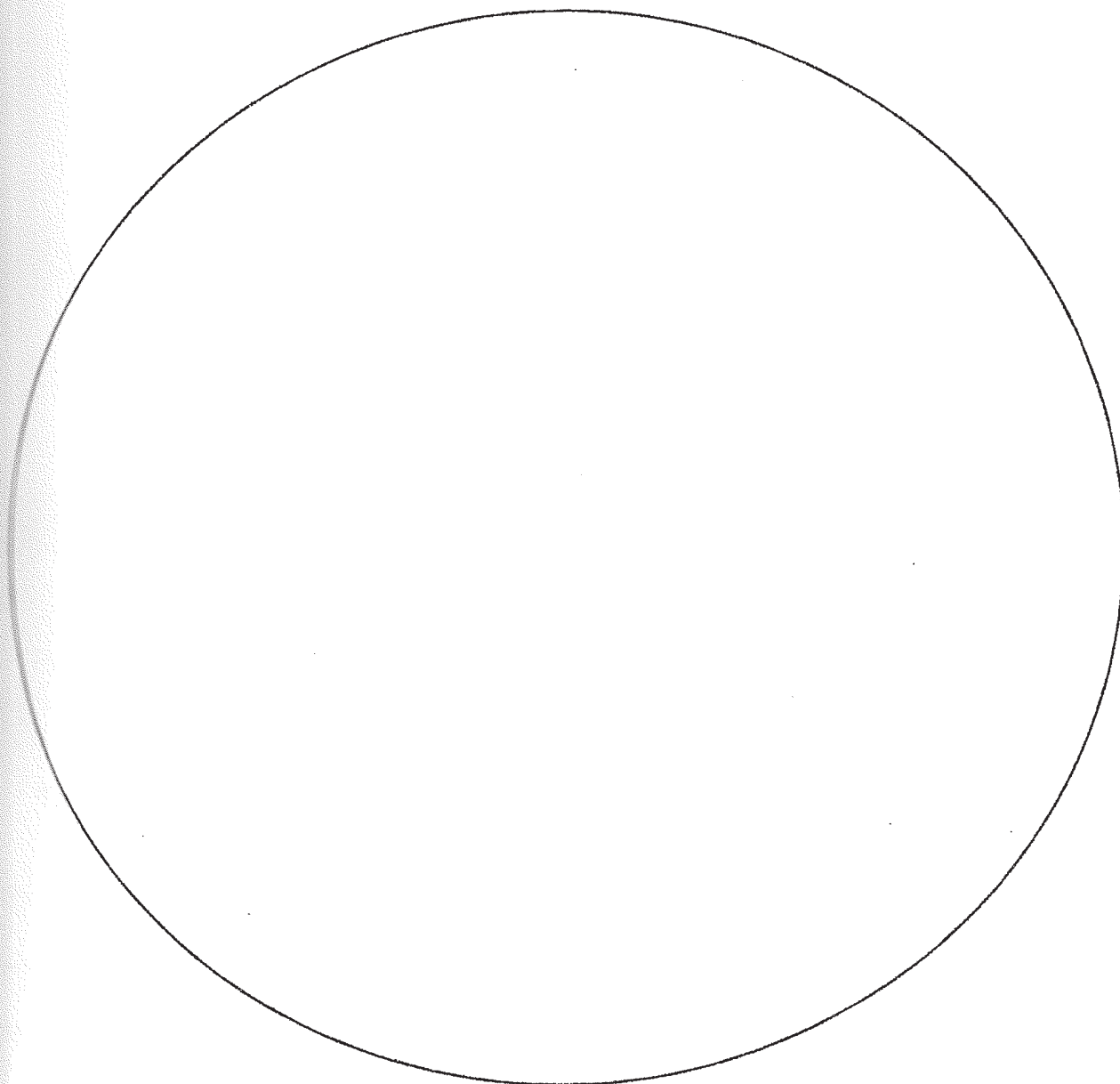


2

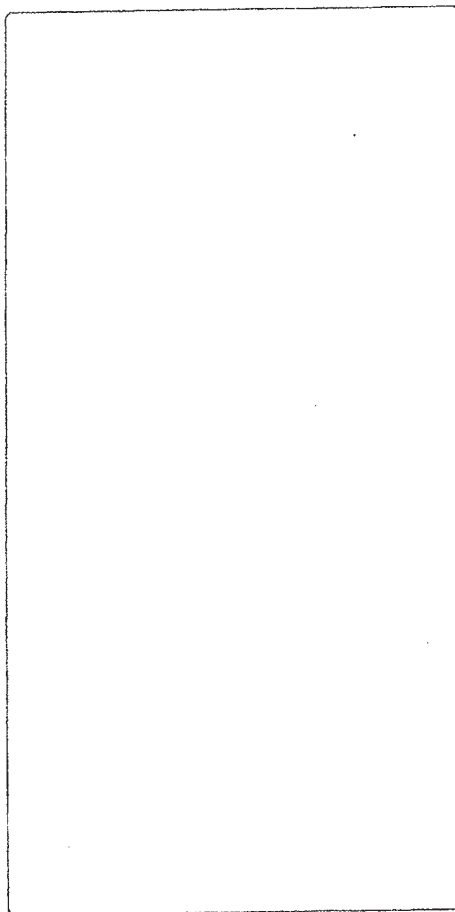
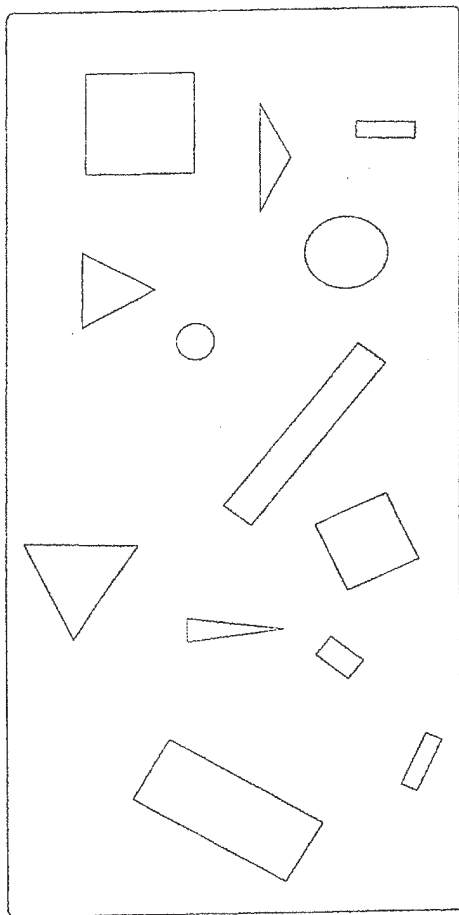
Színezd ki a mandalát!



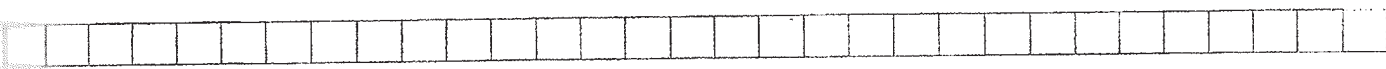
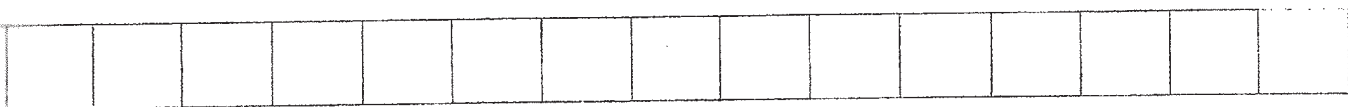
Tervezz te is mandalát!



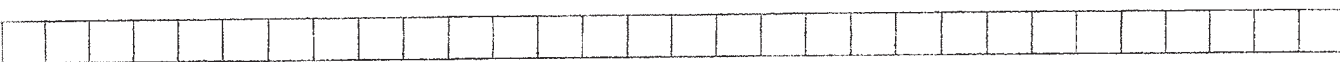
Csak a téglalapokat színezd ki!



Tegyél pontot a négyzetek közepébe jobb kézzel!



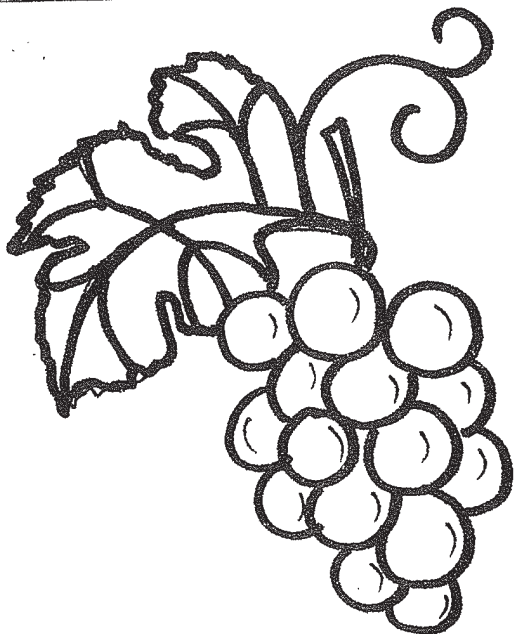
Tegyél pontot a négyzetek közepébe bal kézzel!



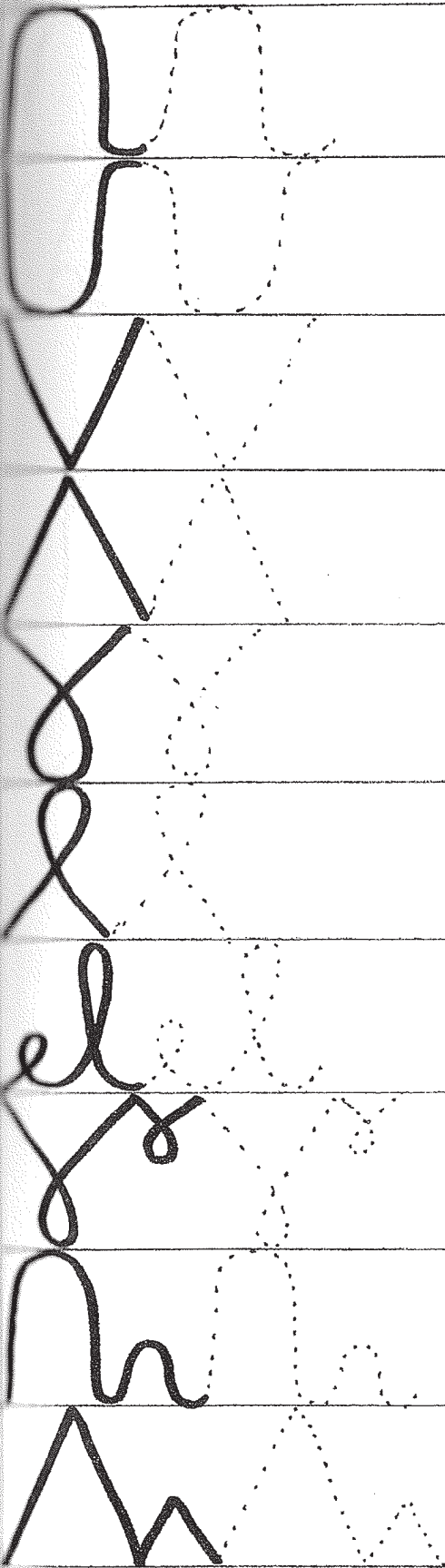
Rajzolj a körte mögé almát!



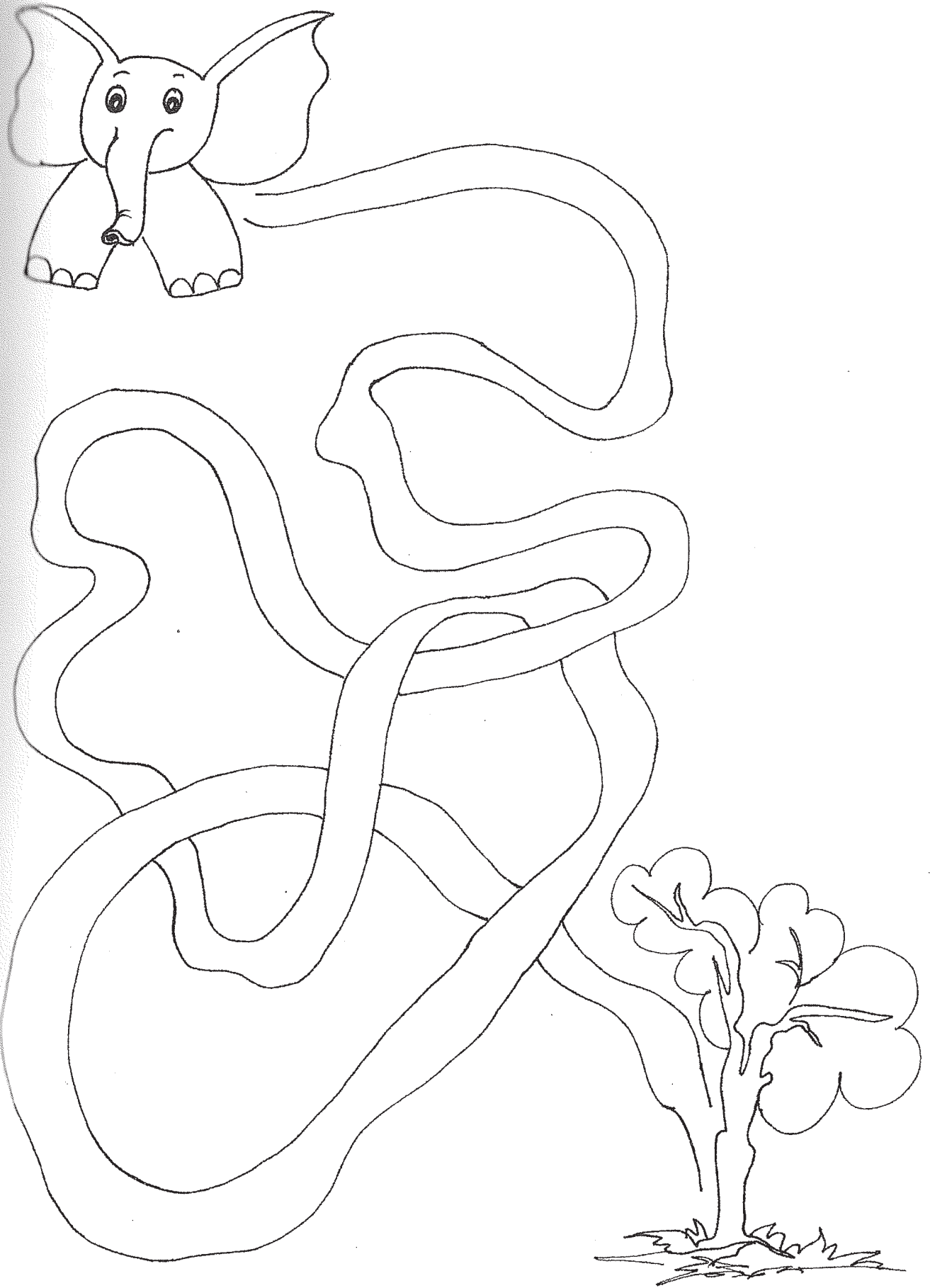
Rajzolj a szőlő mögé körtét!



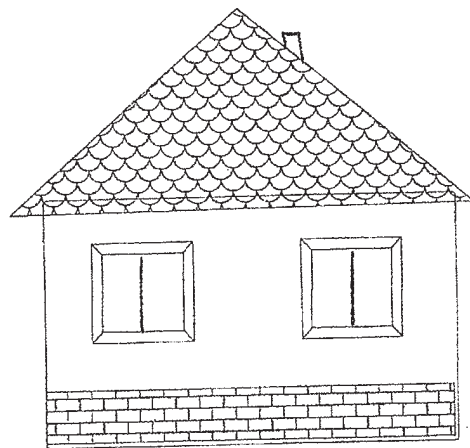
Folytasd a sort!



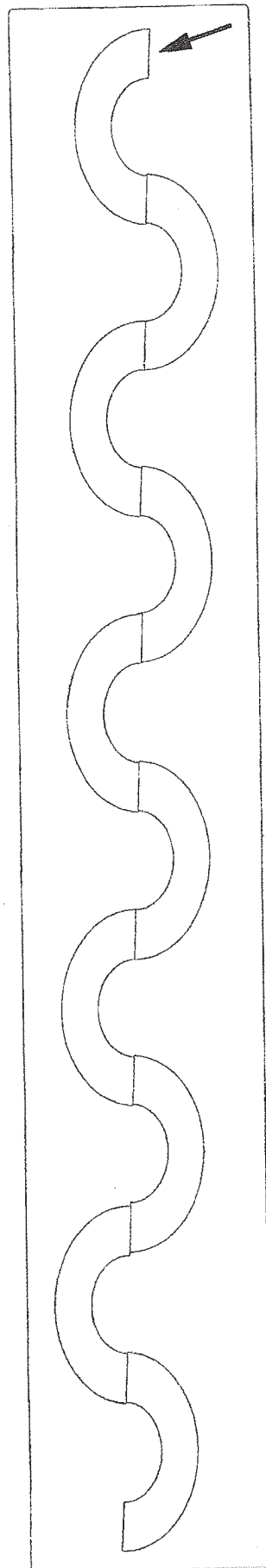
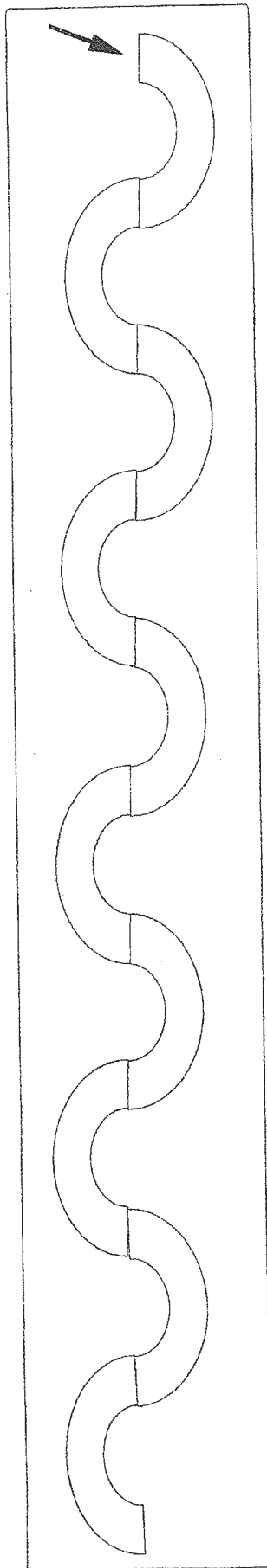
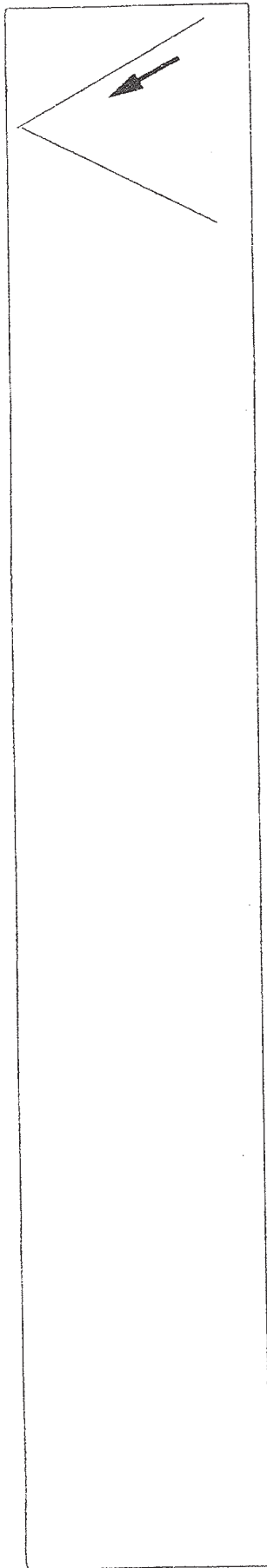
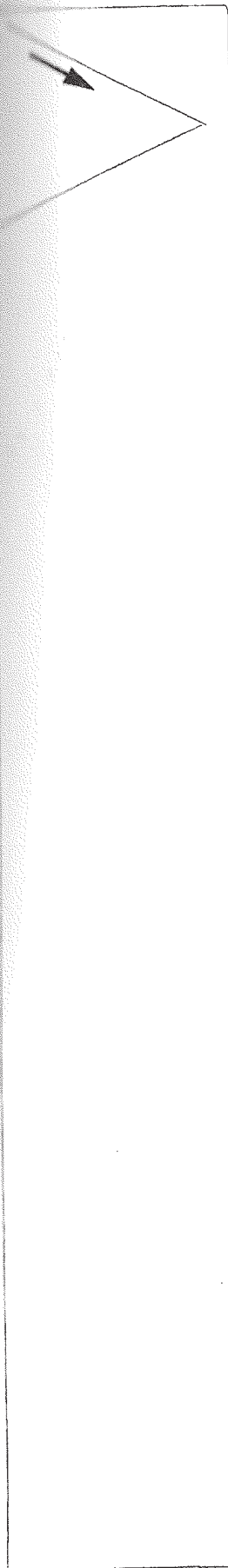
Vezesd el az elefántot a fához reggelizni!



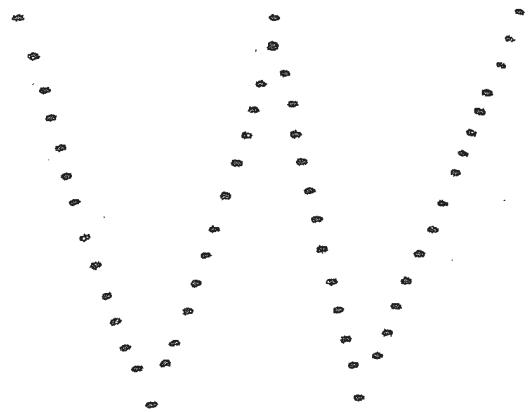
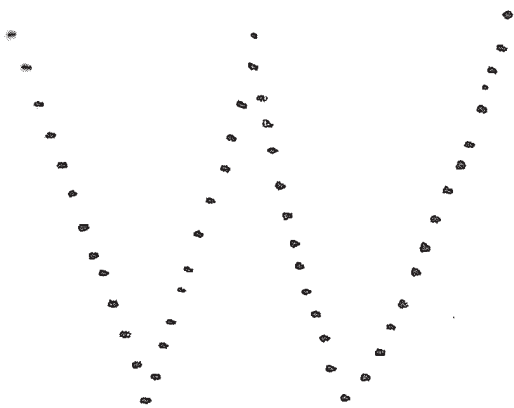
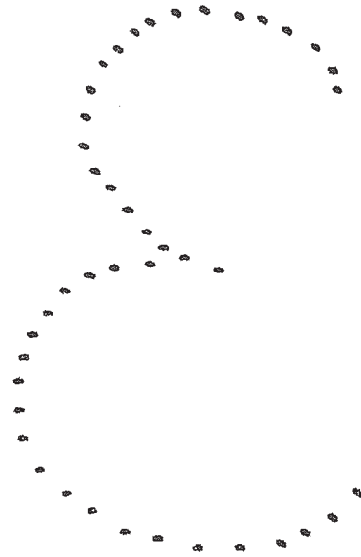
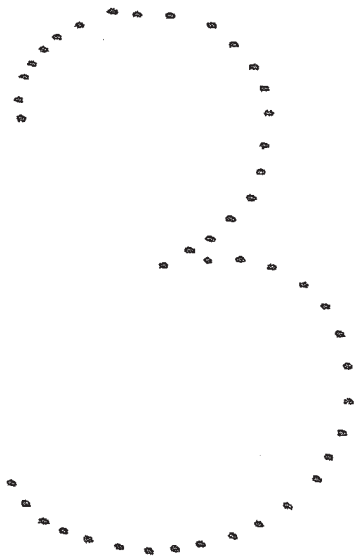
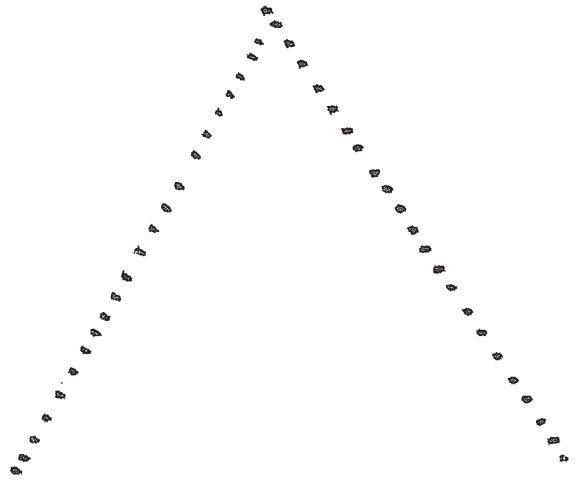
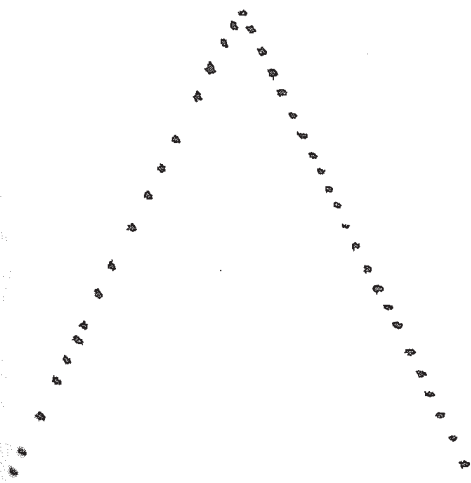
Rajzolj a ház fölé felhőt, alá fűvet, mellé fát!
Rajzolj a felhő mellé napot, a fára almát, a fűre virágot!
Rajzolj a ház alá tavat, a tóra kacsát!



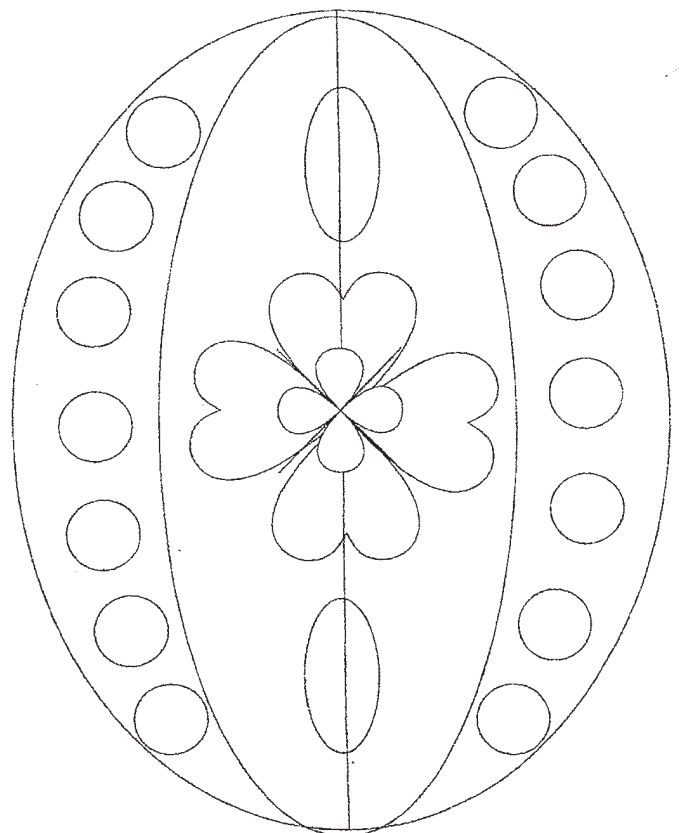
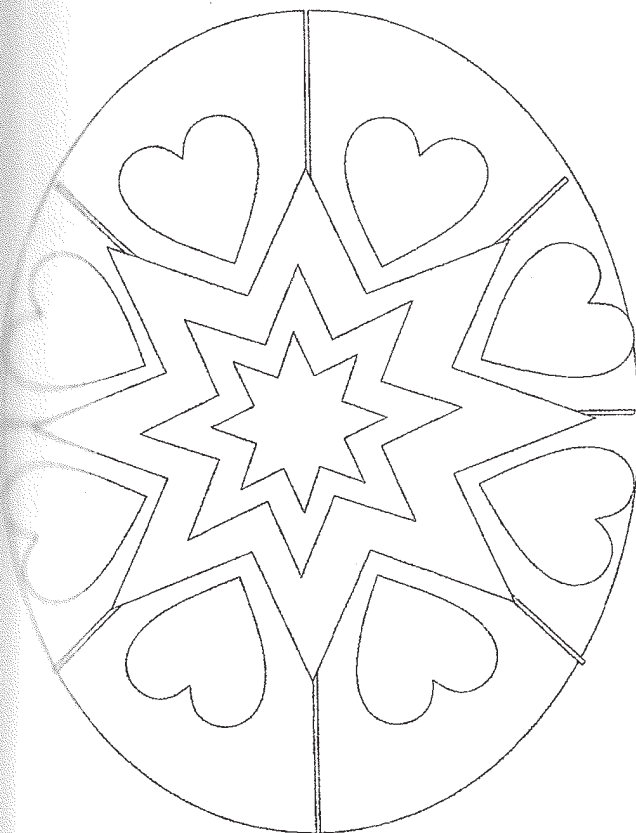
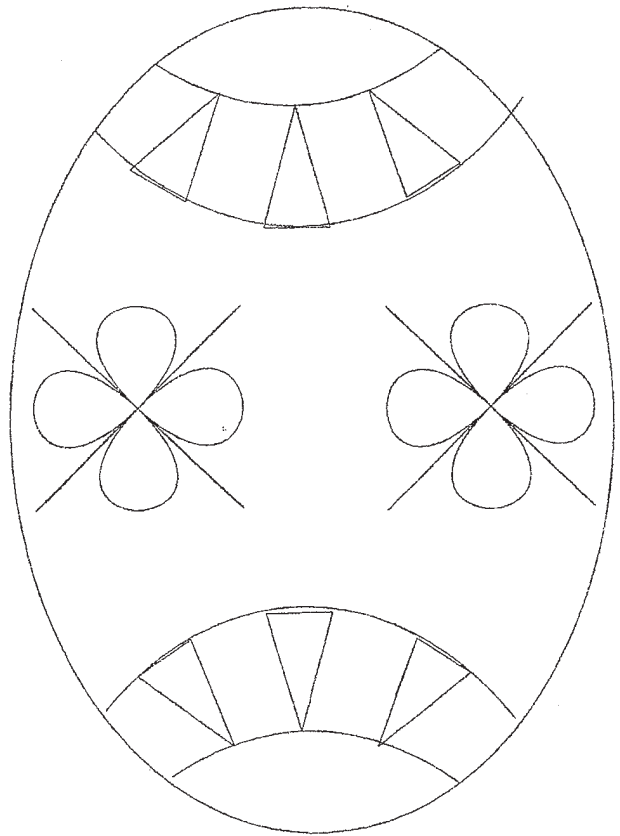
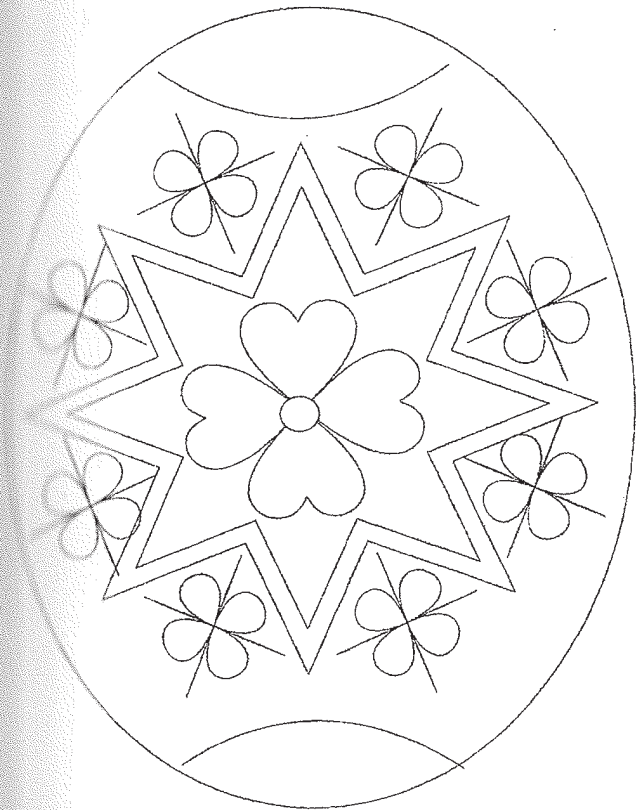
Rajzolj vonalat egyszerre mindkét kézzel!



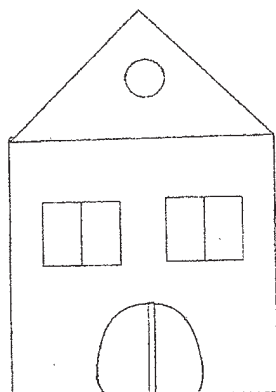
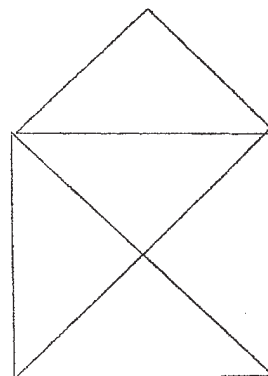
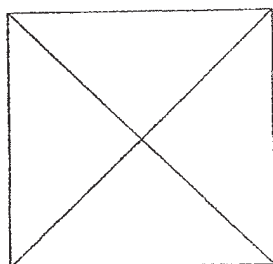
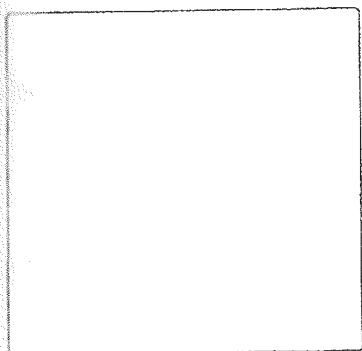
Rajzolj mindkét kézzel kívülről befelé!



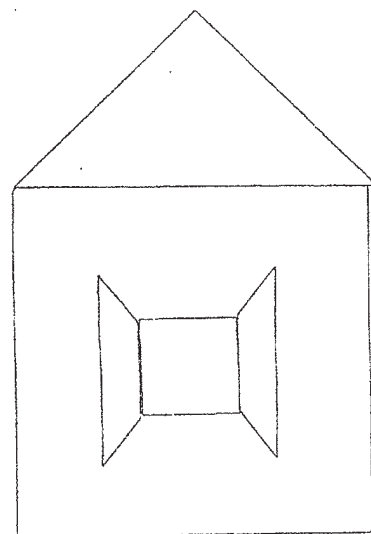
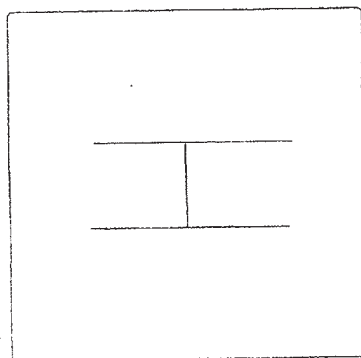
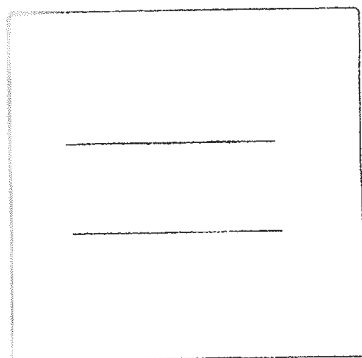
Színezd ki a tojásokat!



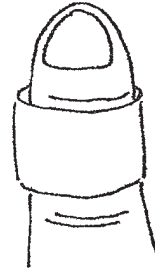
Papírhajtogatás



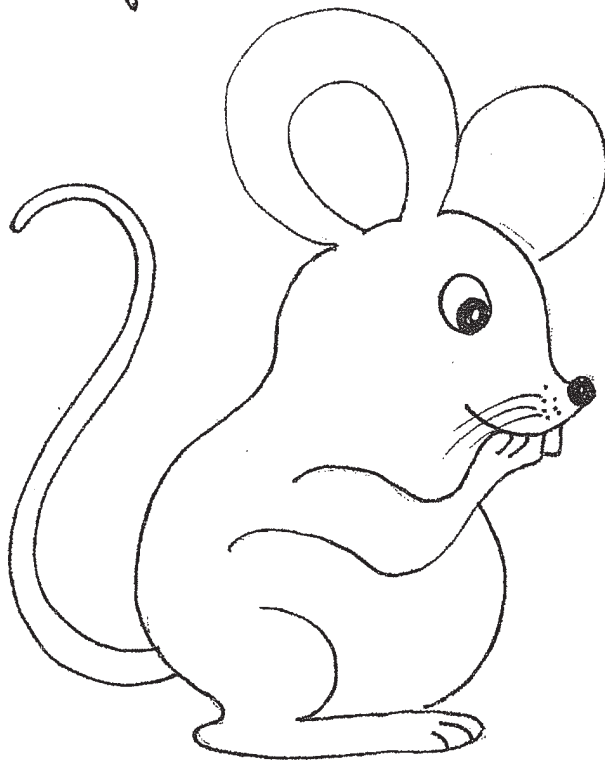
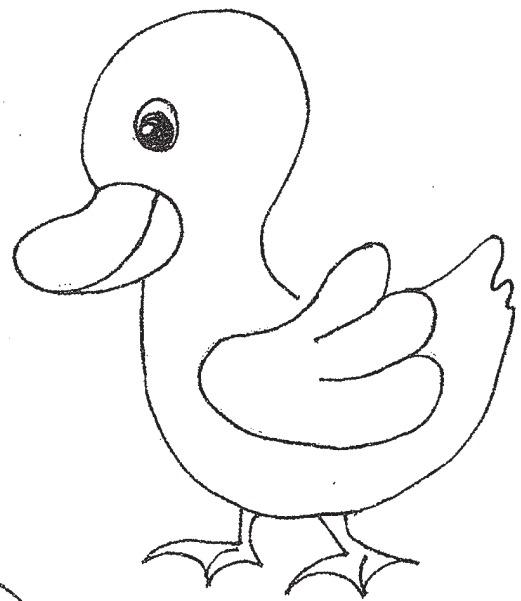
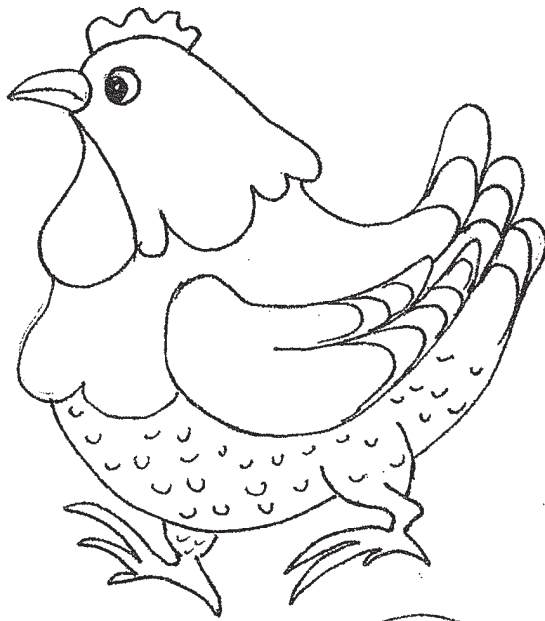
Bábszínház



Minták ujjbábokhoz

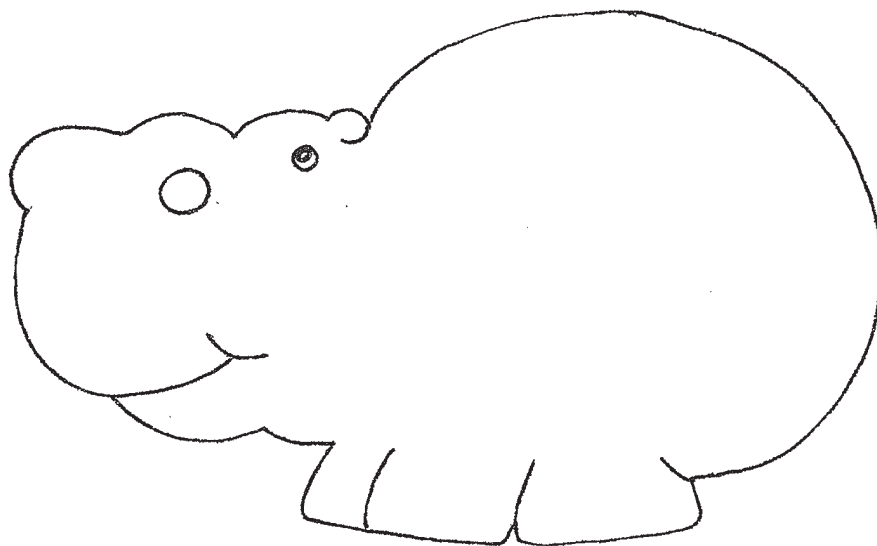
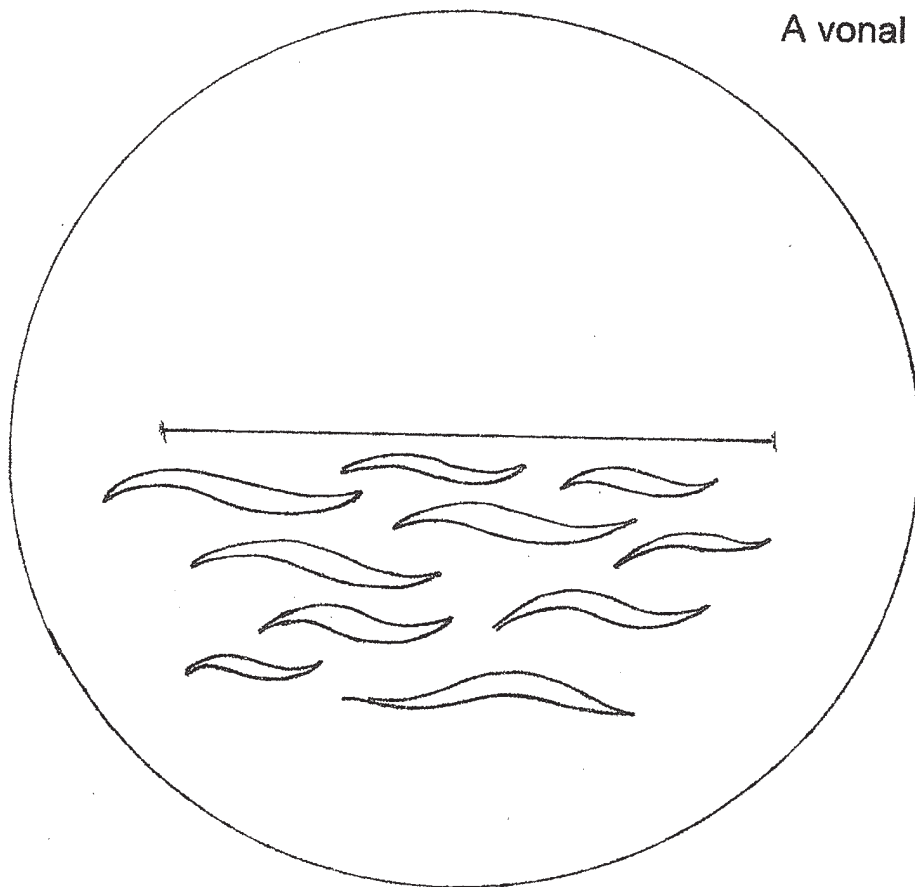


Mesejáték: A kis sárga tyúk



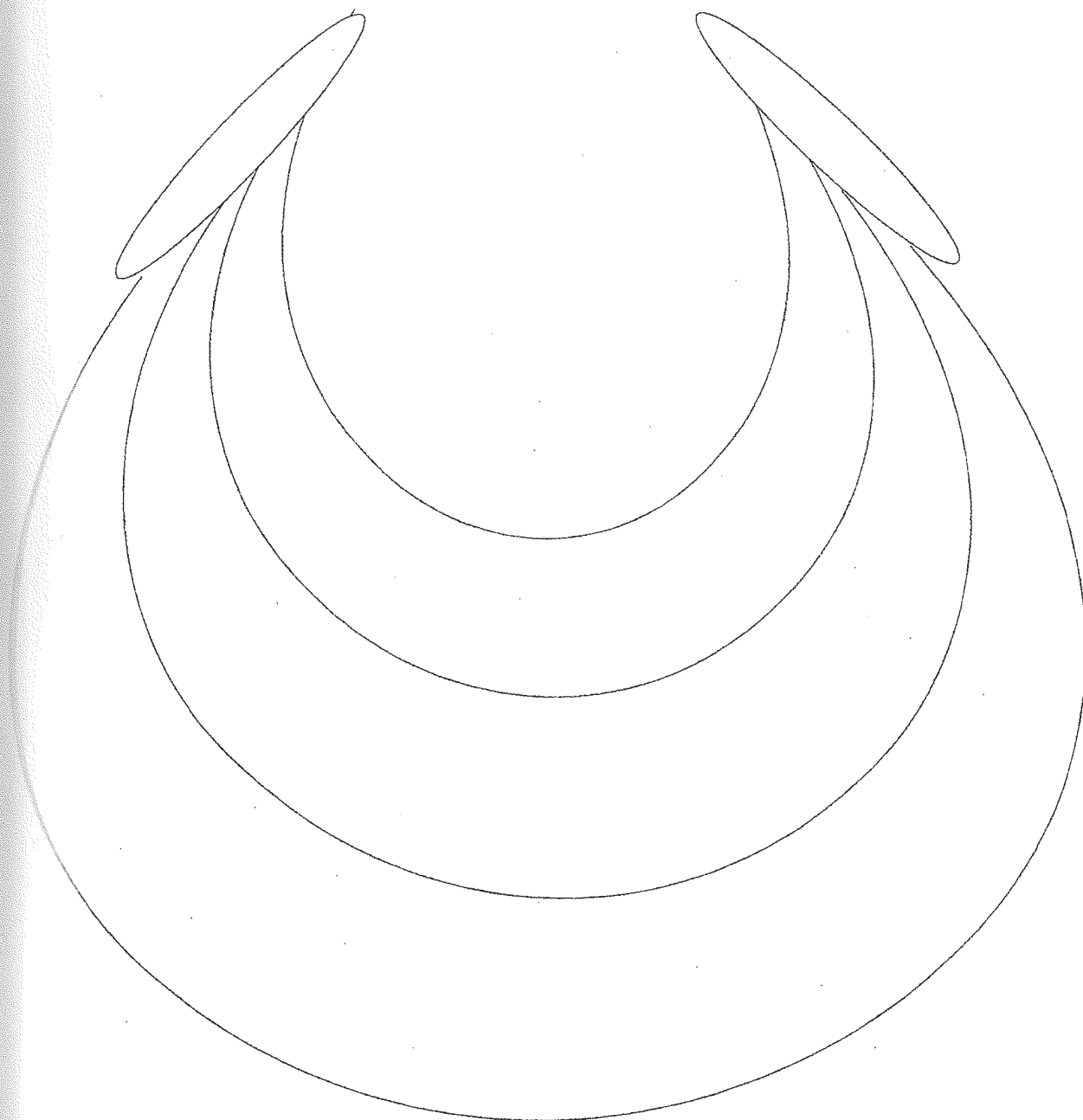
Víziló a Nilusban! Színezd a vizet világoskékre és sötétkékre.

A vonal mentén vágd ki!

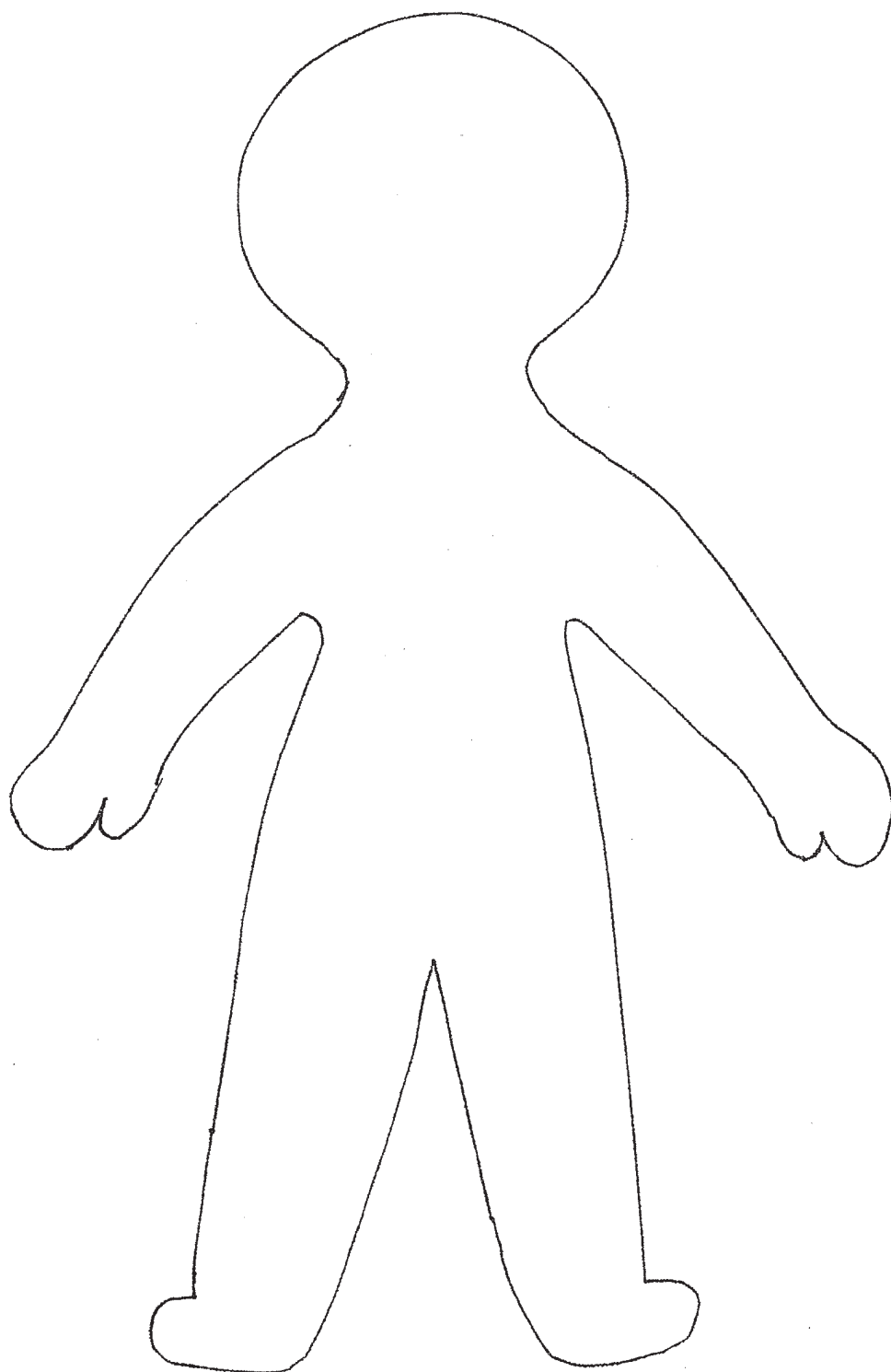


Színezd ki a vízilovat, vágd ki, és tedd a vízbe!

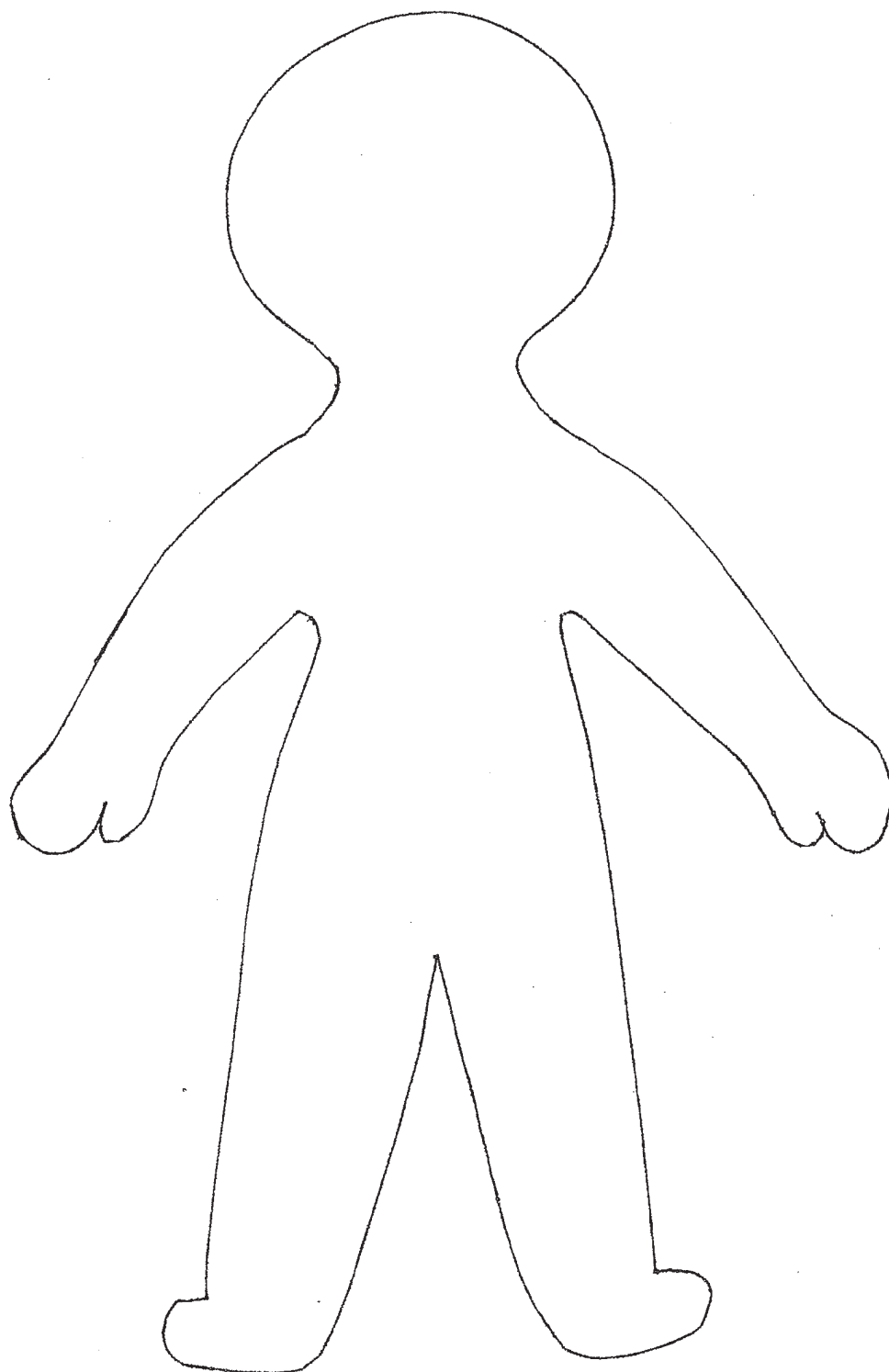
Ilyen gyöngyöket fűzzél fel a nyakláncra!



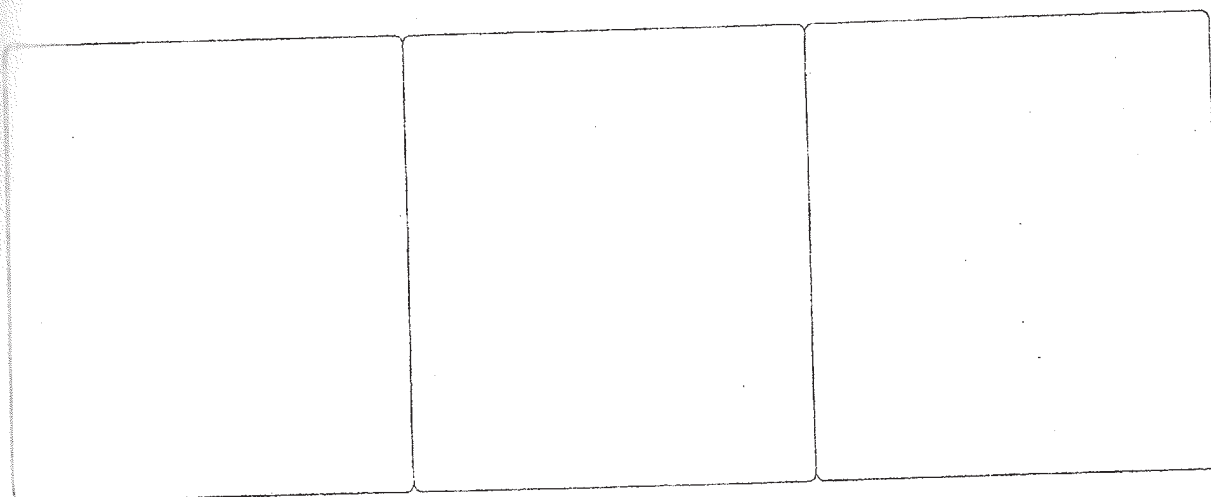
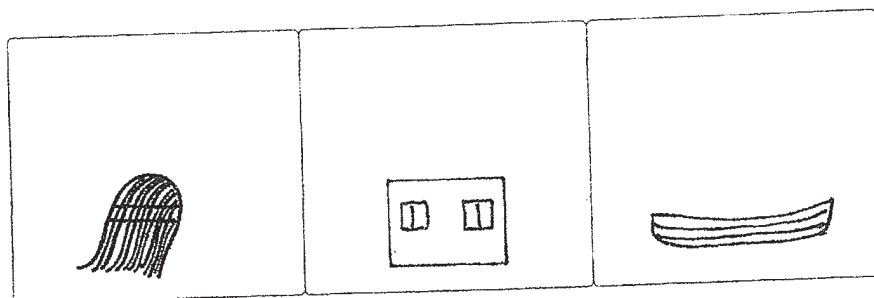
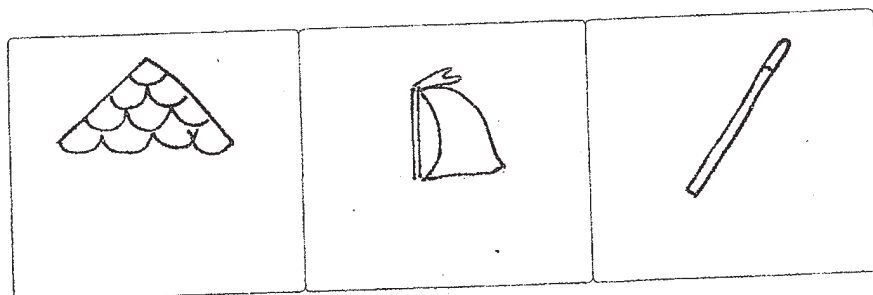
Rajzolj téli öltözéket a babára!



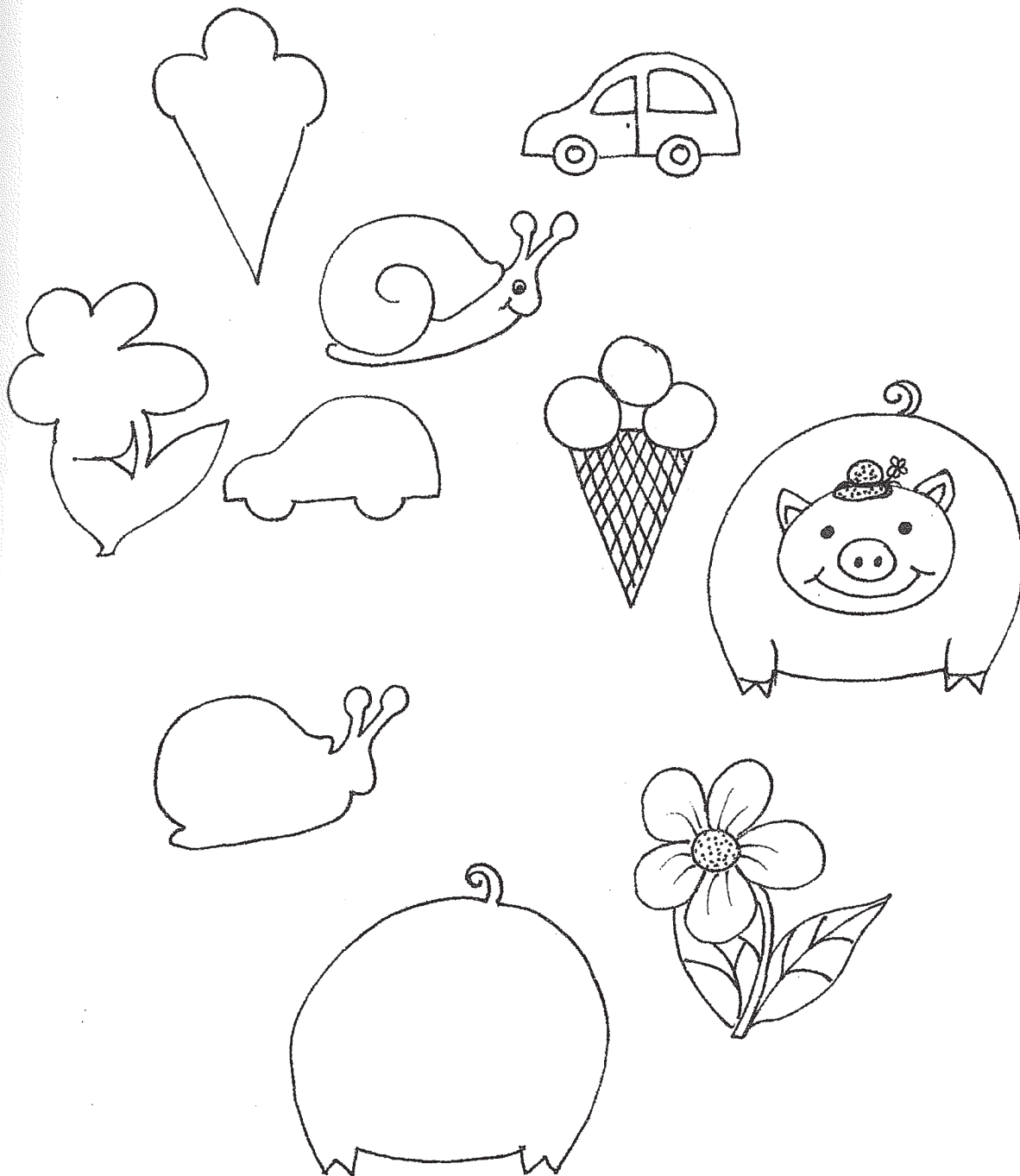
Rajzolj nyári öltözéket a babára!



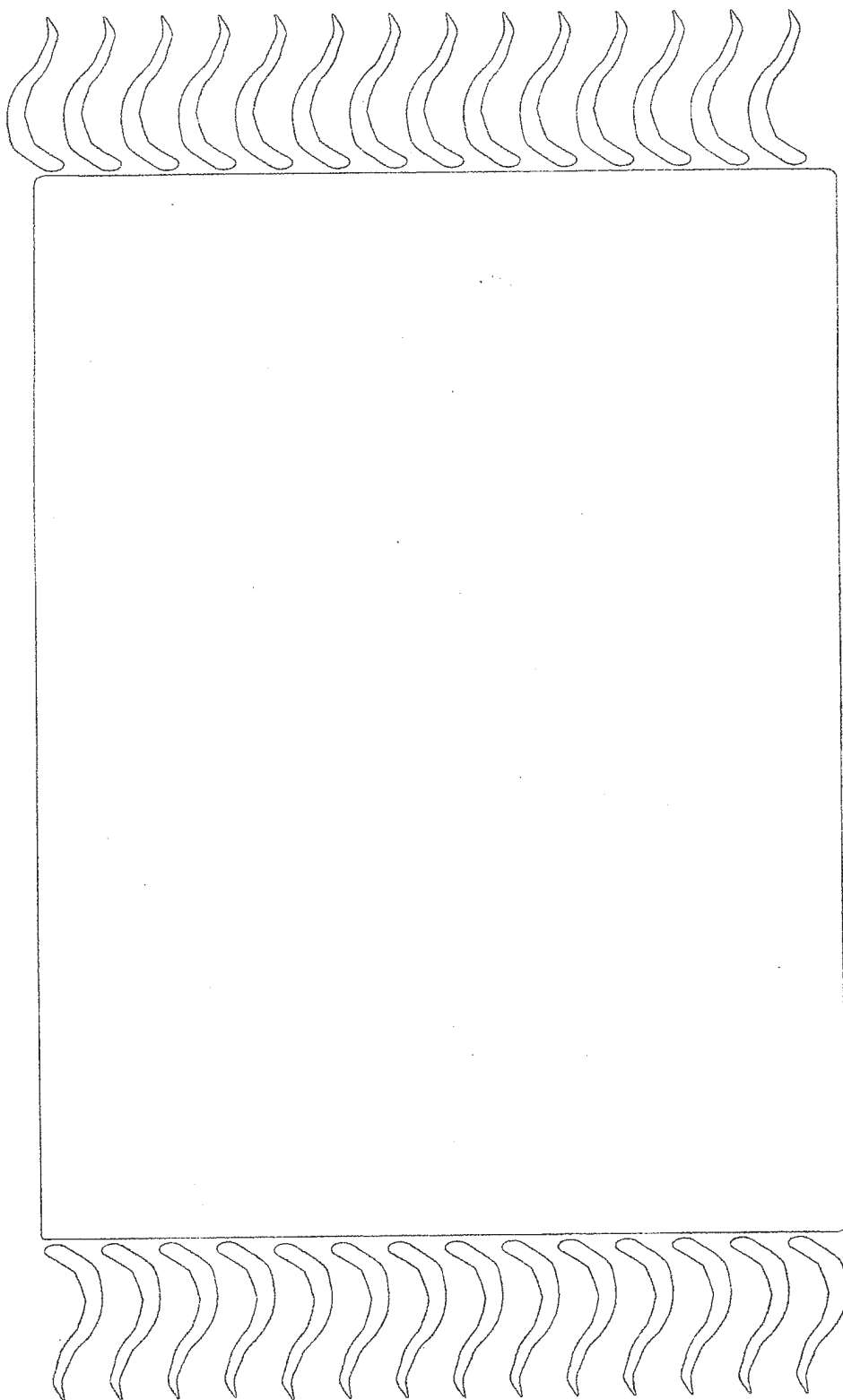
Párosítsd össze az összetartozókat! Ezután rajzold meg az egész képet!



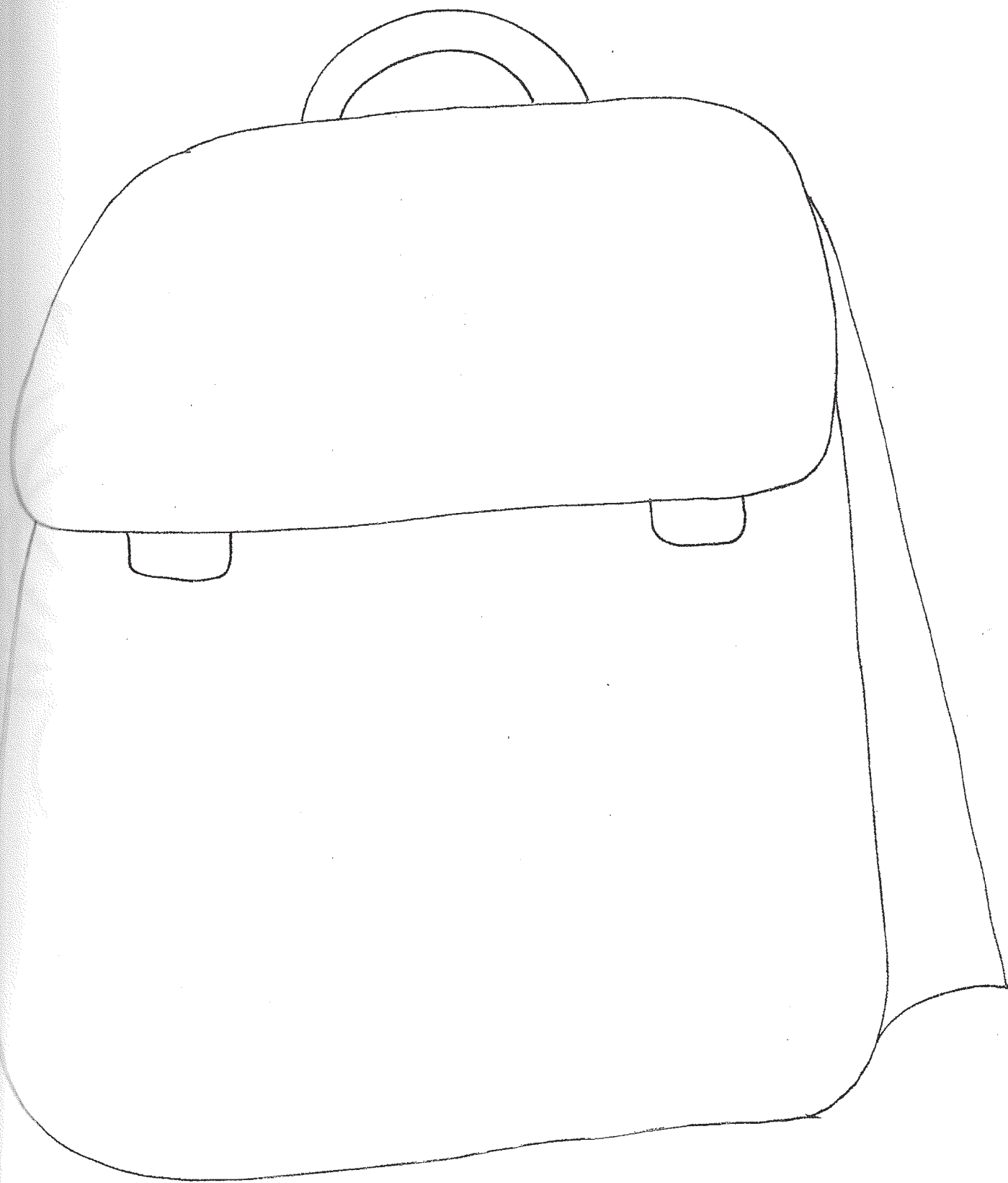
Mindegyik rajzot kösd össze az árnyékával!



Tervezz szőnyegmintát!



Rajzold le, hogy mi van a táskában!

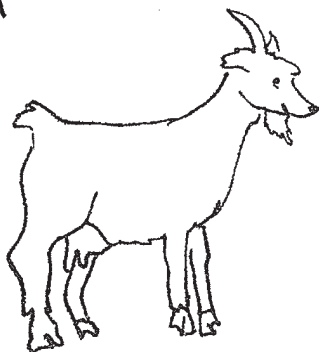
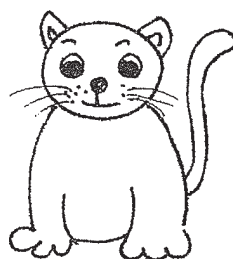
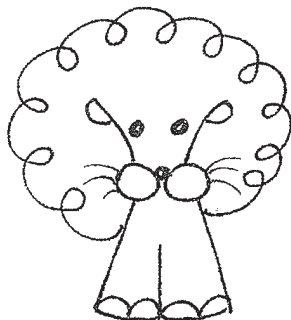
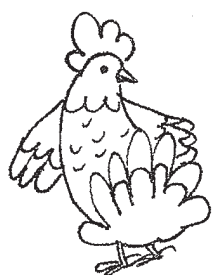
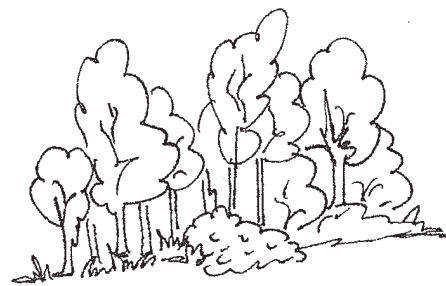


Színezd ki a mandalát!

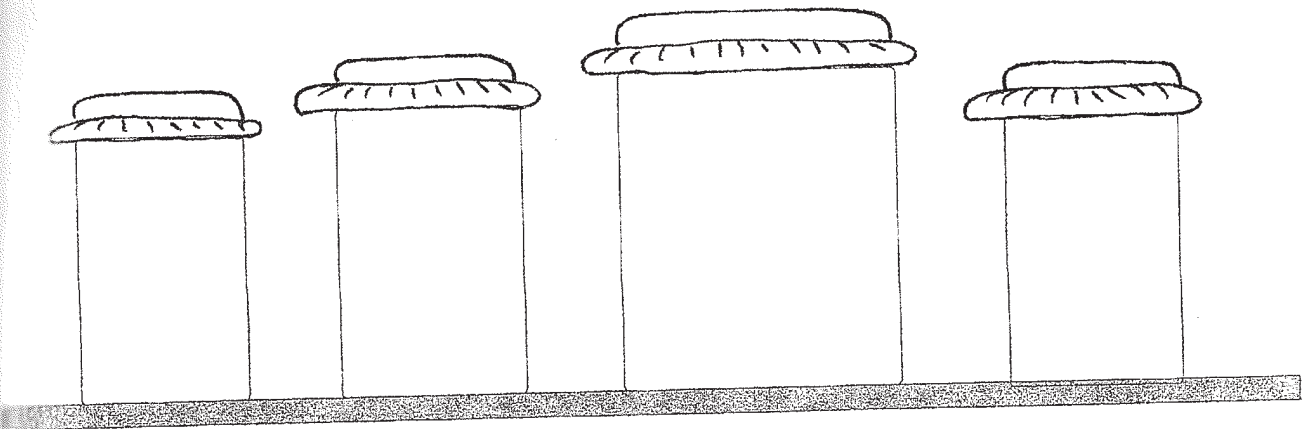
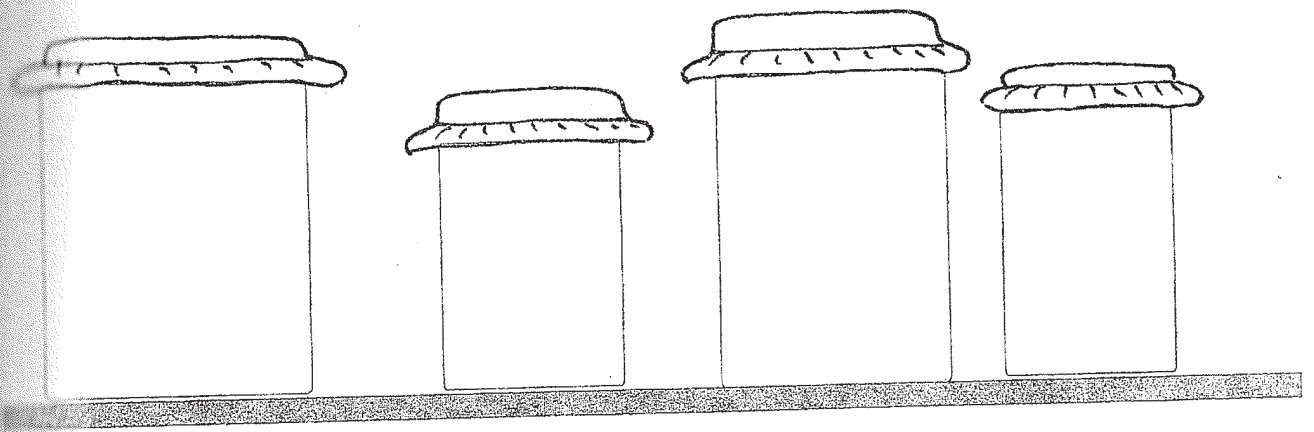
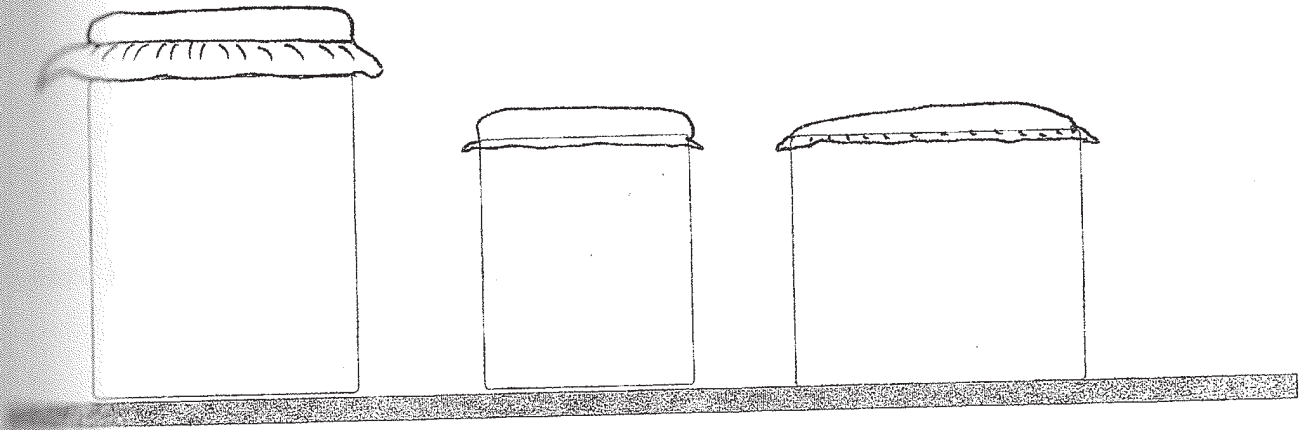


Háziállatok – Vadállatok

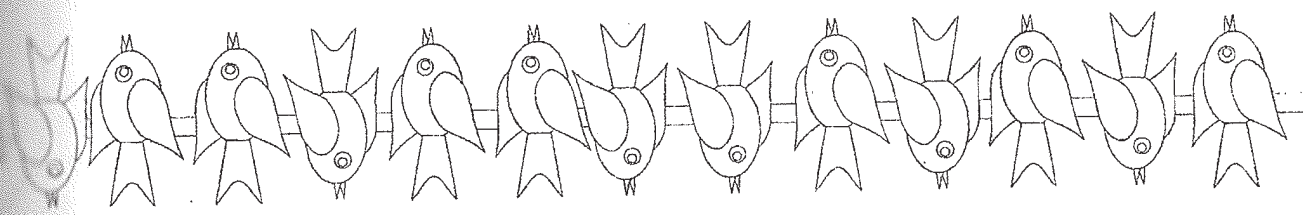
Melyik él a ház körül, és melyik az erdőben?



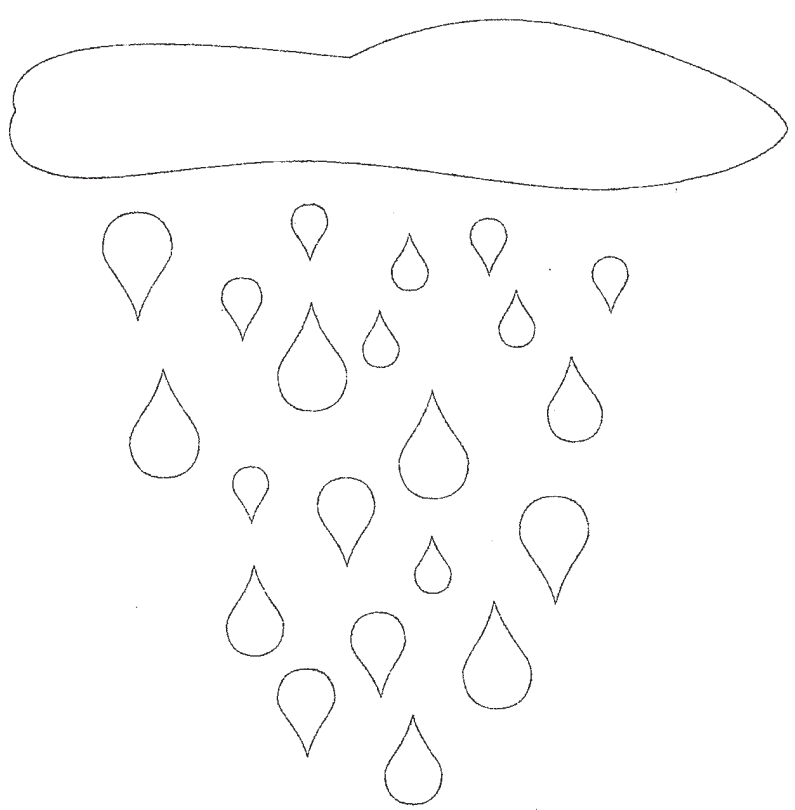
foldsd meg a befőttés üvegeket!



Színezd ki a felfelé néző madarakat!

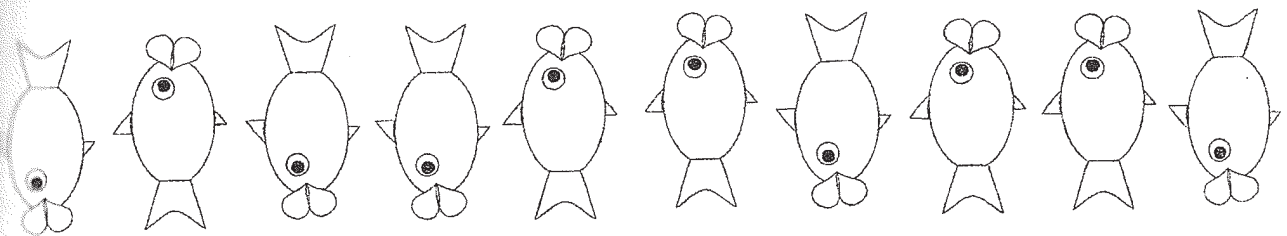


Színezd ki a lefelé haladó esőcseppeket!

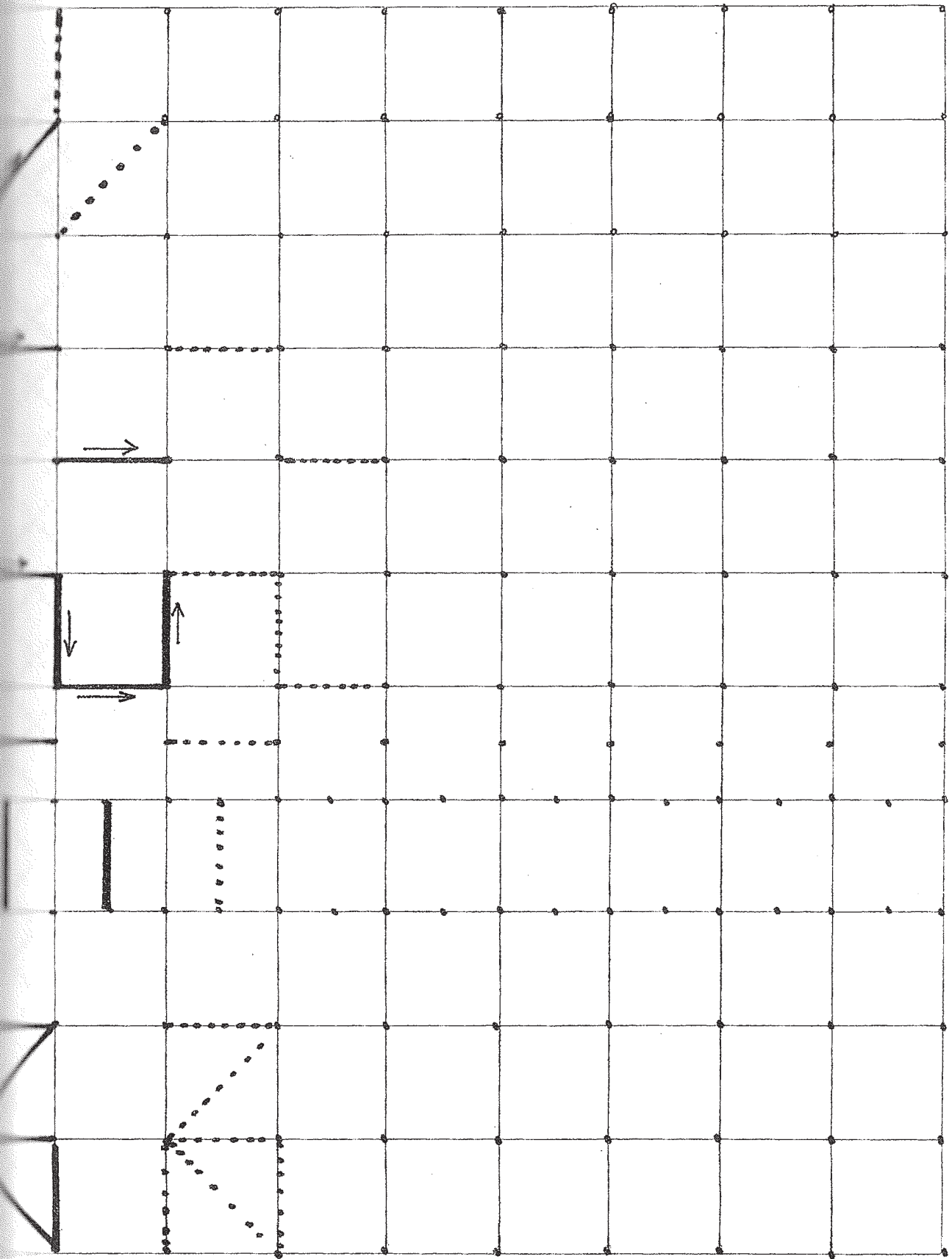


Színezd ki a lefelé úszó halakat!

Rajzold meg a pikkelyeiket is!



Folytasd a sort!

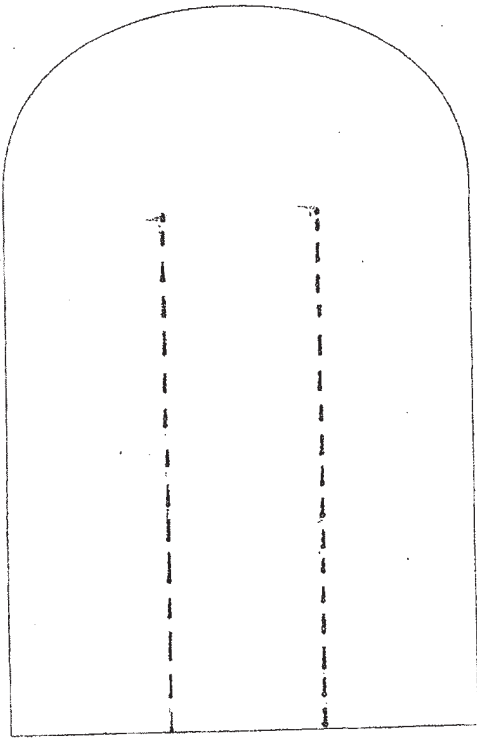


Kösd össze a pontokat, majd színezd ki a kész rajzot!

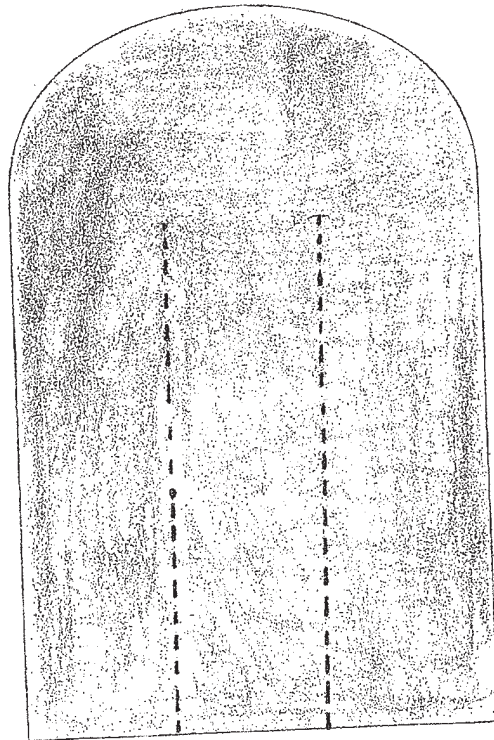


Vágd ki az 1. és 2. részt, vágd be a szaggatott vonalak mentén, majd fűzd össze a 3. ábra szerint!

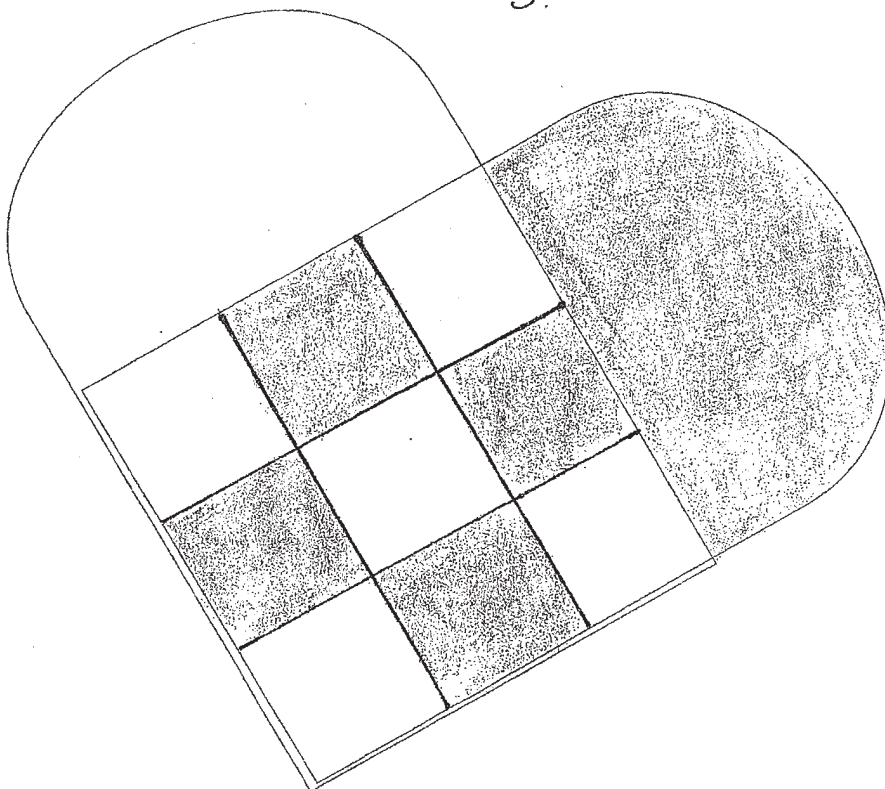
1.



2.



3.

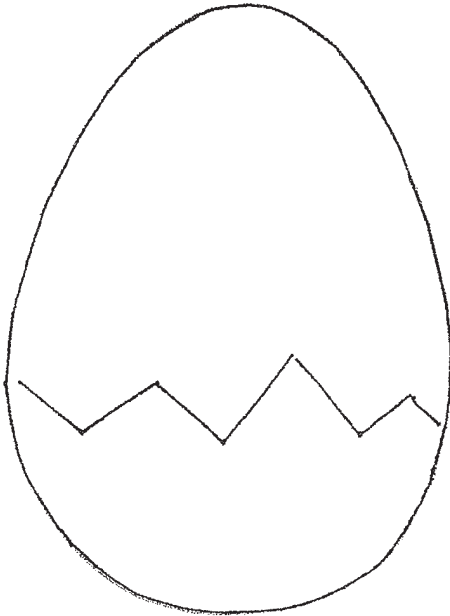


Az első sorba rajzolj vízi, a második sorba szárazföldi, a harmadik sorba pedig légi közlekedési eszközöket!

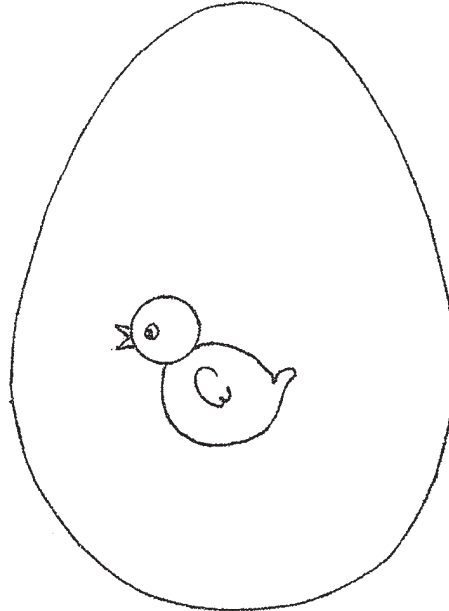
Csibe a tojásban

Színezd ki az 1. tojást! Ezután vágd ki a vonalak mentén!
A 2. tojást is vágd ki!

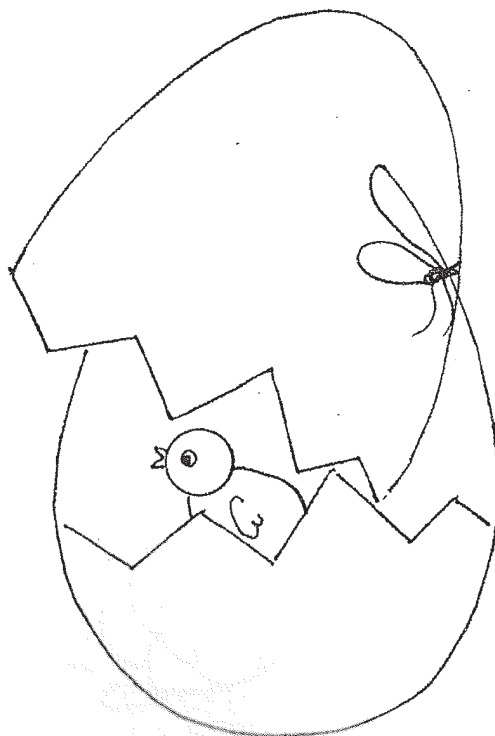
1.



2.

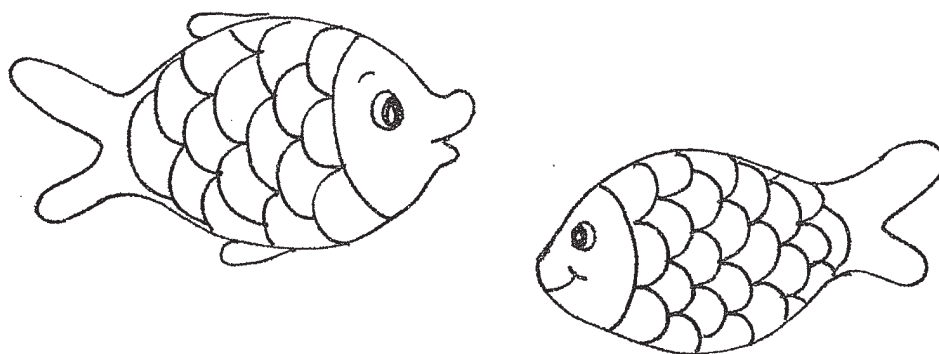
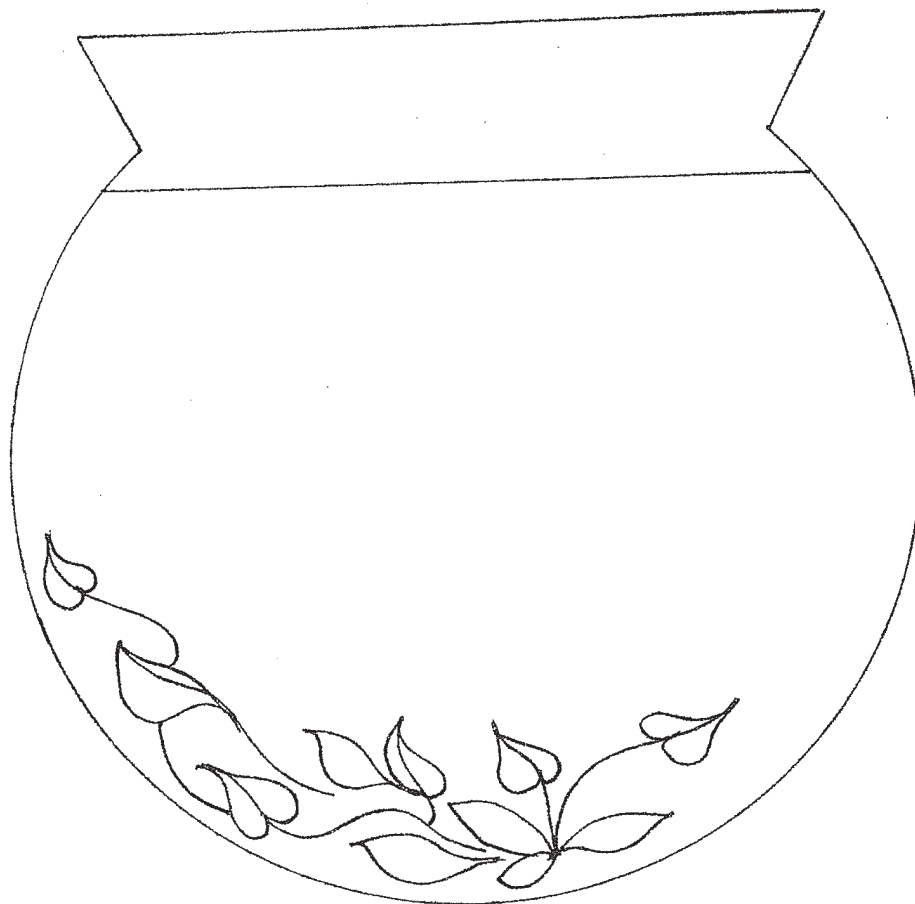


3.



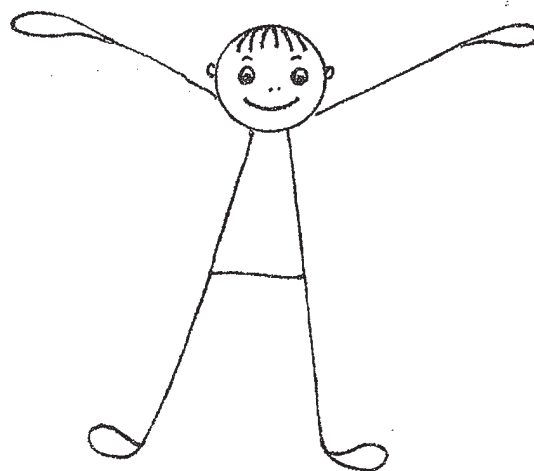
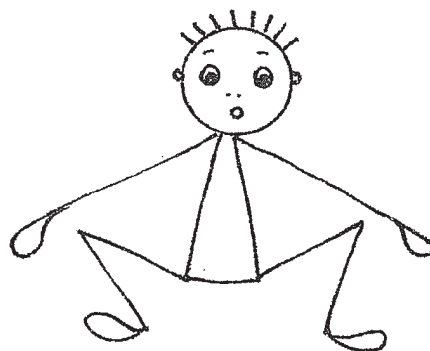
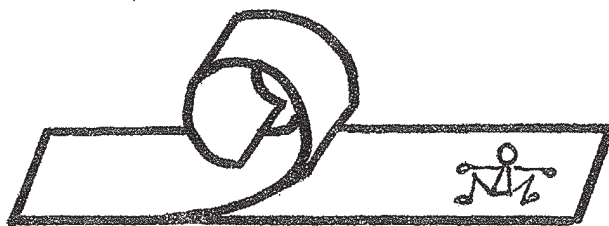
Az 1. tojás alsó felét ragaszd rá a 2. tojásra úgy, ahogy a 3. rajz mutatja!
Az 1. tojás felső részét kis lyukon keresztül kösd hozzá a 2. tojáshoz!

Színezd ki az akváriumban lévő vizet és a növényt!
Színezd ki a halakat, vágd ki őket, majd ragaszd bele az akváriumba!



MOZGÓKÉP

Vágd ki a két papírcsíkot!
A bal oldali végüket ragaszd össze.
A felső papírcsíkot csavard rá a ceruzádra.
Ha most a ceruzát jobbra-balra mozgatod,
a fiú ugrálni kezd.



MOZGÓKÉP

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A felső papírcsíkot csavard rá a ceruzádra.
Ha most a ceruzát jobbra-balra mozgatod,
a lány táncolni kezd.

