

The Movers and Planners – Understanding Motor Planning Communication

What This Article Is About

Motor planning (praxis) is how the brain turns ideas into action. It involves ideating, planning, executing, and adjusting movement. Kids repeating jumps, building obstacle courses, or hesitating before new tasks are practicing neural teamwork between thinking and doing.

What You Might Notice

- Repeating movement routines (jumps, spins, rolls)
- Avoiding new physical challenges until watching first
- Inventing complex games or courses with rules and patterns
- Frustration when tasks are too novel or complex

Quick Strategies

- **Provide Practice Without Pressure:** Let them repeat movements as needed.
- **Break It Down:** Model first steps, use visuals, scaffold tasks.
- **Celebrate Effort, Not Perfection:** Frame mistakes as experiments.
- **Encourage Creativity:** Support inventing new versions, games, or courses.

Parent Takeaway

Motor planning is brain training for problem-solving, sequencing, and executive function. When kids practice and repeat, they're wiring the same networks that support learning, emotional flexibility, and confidence.