



Fine Motor Activities

Strengthening

- Play dough: use small finger movements to make balls, snakes, pinch pots, letters & numbers, stretch, pound and play with play dough
- Specific finger exercises: (see manual alphabet-this is good for individual finger awareness, motor planning and appropriate for preparation for keyboarding)
- Squeeze sponges in tub of soapy water with food color
- Clothes pin (pinch around can or box)
- Screwing nuts & bolts
- Tweezers and tongs- to pick up cotton balls/beans/rice/other collage materials to make a picture
- Eyedroppers
- Squeeze trigger spray bottle
- Popping plastic “bubbles” on packing sheets
- Hammering, I.E. Tap-N-Turn Bench with pegs and mallet, toy workbench or carpentry sets, close supervision required
- Poking toothpicks into a firm substance (ie Styrofoam, play dough, cheese)
- Breaking off little pieces of bread, bagel and feeding to fish or birds

Manipulation/dexterity

- Construction activities w/blocks ie Duplo Lego, Stickle Bricks, Meccano, Jenga
- Fun Activities: Yo Yo’s, spin tops, wind up toys, snapping fingers, play w/stickers
- Threading/use a plastic needle (available at Walmart sewing section), lacing cards and weaving
- Pipe cleaner threading, shoelaces – a variety of sized beads fruit loops, noodles
- Paper construction projects to include safety scissors, tearing paper, cutting, pasting, coloring, glueing, hole punches, origami, fill in pictures with rice, peas, beans, sand, glitter
- Finger puppets
- Toy trumpet or piano
- Peeling backing off Band-Aids, putting on doll
- Sand activities to include shoveling, raking, sand tracks, find hidden items
- Textured play: in beans, rice, noodles mixture
- Bubbles: Blowing, catching, catch 1 bubble at a time to improve eye hand coordination.
- Paperclip art (use paper clips in different sizes connect together to make chains, belts etc)
- Jacks
- Play snapping and clapping games
- Try to eat snacks with chop sticks
- Cutting: Have child help with cutting coupons, old magazines, newspapers
- String activities (cats cradle, crow’s feet, Jacobs’s ladder, witches’ broom), use yarn to make pictures; trace shapes/letters/numbers.

- Sing songs that have finger movements and actions (“Itsy Bitsy Spider” ...)

Sensory/Tactile

- Swedish fish (gummy fish) - put fish in a bowl of blue JELLO then go “fishing” with hands
- Cooked noodles- spaghetti make letter, shapes, numbers
- Write in shaving cream or cool whip
- Paint on bubble wrap
- Gel bags- fill sandwich or large freezer zip lock bags with hair gel or paint, duct tape all four sides to secure, then have child use finger to draw or trace shapes, letters, numbers, pictures
- Painting (finger painting, paint w/water design, paint w/large paint brushes on large boxes, paint w/shaving cream)
- Fruit Stamps: Cut apples and pears in half, dip in paint and stamp on paper
- Clapping bubbles (see bubbles recipe) a. blow bubble wand slowly one bubble at a time – to keep child focused on tracking the bubble and reach accurately
 - b. Catch with both hands; grab with one hand; stomp on bubbles which are on the floor

Handwriting

- Writing Activities such as a chalk board/magnadoodle
- Stencils
- Sidewalk chalk and games or paint a chalkboard on a garage/bedroom wall (working on a vertical surface requires different finger/wrist movements compared to a horizontal surface)
- Smash molding clay into a plastic 2” x 5” container/tin then use a pencil to write a message, letters, numbers on the clay
- Write letters, numbers, shapes on child’s back or hand and have them guess what you wrote
- Have child write on your back for you to guess what they wrote
- Create an opportunity for pen pal relationships i.e. friends/ family/ grandparents that live far away – start with something manageable like a post card (agree with the person receiving the card to write back, as a motivator)
- Writing in sand (in a baking tray) with cursive games
- Large Motor writing activities (with both hands holding- use swimming noodles or flashlights to either trace or write shapes/letters on walls or use plastic swords/plastic baseball bats/batons/wands, etc to draw shapes/letters in the air)

Household Activities

- Baking (with guidance /adult supervision) flour sifter, eggbeater, cookie cutters, rolling out dough or pie crust, stirring cookie dough, chocolate milk, shaking salad dressing/fruit juice
- Encourage household tasks (with a little motivator) i.e. folding the laundry, sweeping, setting the table, vacuuming, or helping prepare part of a meal i.e. spreading jelly/peanut butter, peeling carrots/potatoes...;
- Pinch (index finger and thumb) fish food from palm of hand and sprinkle into fishbowl
- Opening jars and lids to help parents fix meals
- Turn a key to unlock door
- Moving computer mouse
- Dialing/pressing buttons on phone
- Dressing Barbie dolls

Games

- Games: Hungry Hippos, Perfection, Dominoes, Mr. Mouth, Bed Bugs, Connect Four, Barrel of Monkeys, Lite Brite, Etch-a-Scetch, Pick up sticks

- Tic-Tac-Toe with print/cursive letters or words
- Dot game with cursive letters to identify squares
- Hang Man with cursive letters
- Throwing a Frisbee
- Magna-doodle
- Slinky
- Magnetic dart game
- Foosball
- Card and dice games (shaking dice, dealing cards, matching cards)



Perception

(also see Fine motor activities for additional ideas):

(Choose appropriate game for your child's developmental age)

- Word searches, mazes, cross word puzzles, hidden pictures
- I spy books or games (choose items in the room and describe it with clues to guess what it is) Where's Waldo, I Spy, Highlights
- Locate/highlight a given word in the paper or magazine (on, the, in, at, was, on, no, saw, name)
- Matching/memory games
- Puzzles (remove one piece-solve it, remove two pieces-solve it and so on is a developmental pattern of learning)
- Shape sorters, sorting items according to shape, size colors
- Imitating or copying designs, ie blocks, Legos, wicky sticks/popsicle sticks, pipe cleaners, play dough, Lincoln logs (square, triangle)
- Memory matching
- Paper weaving
- Guess who
- Learning to tell time
- Computer games (see website ideas)
- Perfection
- Parquetry
- Pegboard designs
- Dominoes
- Snakes and Ladders
- Checkers



Sensory Motor Ideas

Oral Input (be aware of allergies)

Texture:

Creamy- yogurt, various puddings, peanut butter, apple butter

Crunchy – small bites of raw vegetables i.e. carrots, cucumber, cauliflower, broccoli; apples, popcorn, cereal

Chewy – gum, tootsie rolls, beef / turkey jerky, licorice, dried fruit, twizzlers, starbursts

Taste:

Salty: nuts, pretzels, chips, crackers, jerky

Sweet: Dried fruit i.e. raisins, apples, prunes; various drinks or shakes...

Sour/Tart: Pickles, sour candy, various drinks i.e. cranberry juice

Spicy: Jerky

Temperatures:

Cold: icicles, chilled fruit, snow cone, ice-cream, frozen fruit bars

Hot: Various soups, hot chocolate

*Walmart sells large “blunt” plastic needles – which can be fun to make a fruit loop /cheerio necklace/bracelet

*Twizzlers are also fun to use as straws

Blowing activities

- Blows watercolors on cardboard through straws
- Bubbles in a plastic jar (use baby shampoo) with food color
- Cotton “races” with straw
- Make music: Kazoos, whistles, pinwheels, recorder

Movement Activities

- Rock in a rocking chair
- aerobic exercise
- Run/jog
- ride bike
- Dance

Sucking

- Suck up small pieces of paper & move onto glue pattern
- Suck up a ping-pong ball & drop into cup
- Hard candies

Touch

- yard work
- Stretch/shake body parts
- swing
- Lay on tummy on scooter and propel with arms

- Jump rope
- hopscotch
- Chinese jump rope
- ball sports
- Petting Animals
- Massage
- Roll ball over back w/firm pressure
- Planting Flowers
- See fine motor/tactile

Look

- Watch a fish tank (calming)
- Dim lighting (calming)
- Fluorescent lighting (alerting)

Listening

- Listen to classical music (calming)
- Listen to upbeat music (alerting)
- Use headphones or earplugs if sensitive
 - to loud noises



Gross Motor Fun

- Swimming/water activities helps overall body strength and coordination
- Balance activities: stand on one leg for 5 seconds; walk on a balance beam – forwards, backwards, sideways
- Activities involving Movement and Joint Action
 - Exercising to music – hopping, jumping, galloping, skipping
- GAMES-sharks and minnows, relay races, hold your breath, tag-must swim between legs to unfreeze
- Parachute water balloons: fill several balloons with water place on sheet and toss in air.
- Animal walks that involve weight bearing on open hands such as the bear, inch worm, crab, wheelbarrow, kangaroo hops, bunny jumps, waddling duck, donkey kicks, frog leaps
- Twister
- Obstacle course that involves climbing over/under objects, stepping through a horizontal ladder, aligning chairs next to each other to form a tunnel to crawl through, crawl through boxes (helps teach spatial concepts (ie over, under, up, down, near, on , across, off, through, above, against, and past).
- Pulling up and swinging while holding on monkey bars
- Riding a skateboard while on tummy and pulling with your hands or sitting on bottom while being pulled by a rope/hoola-hoop
- Riding bikes (works on bilateral coordination and balance)
- Playgrounds
- Bounce on a old mattress, trampoline, large ball
- Rocking and swinging
- Spin on a tire swing, sit-n-spin, swivel chair
- Jump rope or Chinese jump rope
- Tug of War
- Carry inflated balloon between chopstick (one in each hand)
- Squish between pillows

- Roll up into a blanket/sheet (burrito)
- Simon says- grade this to make it fun & challenging
- Play “cars”- child pushes the car with one hand while creeping & weight bearing on the other hand
- Red light green light
- Hopscotch and sidewalk chalk
- Balls of all sizes (catching, kicking, target throwing, bouncing) koosh balls, foam, tennis balls, playground balls, squish balls, basket balls, footballs, Frisbee, etc.
- Horseshoes
- Pushing, carrying large items, yard work with child friendly toys
- Wash the car, bath the dog, water flowers, sweep porch or driveway
- Gymnastics
- sit-ups, push-ups



Recipes

CINNAMON APPLESAUCE DOUGH: (edible dough)

2 C. cinnamon

1 C. applesauce

Add enough flour to get desired consistency.

DRY SALT PAINT:

1 cup salt

¼ tsp food coloring

Spread in pan to dry. Put in shakers. Shake onto paper brushed with glue.

SWEET BUBBLES:

1 T. corn syrup

2 T. dish soap

1 cup water

Mix together – let settle for a few hours then stir...

COLOR BUBBLES:

1 cup liquid tempera paint

2 T. dish detergent

1 T. liquid starch

EASY PLAYDOUGH:

2 cups flour

1 cup salt

Tempera paint

VOLCANOES:

Baking soda

Vinegar

Pour 1” of baking soda into water bottle. Next pour vinegar into bottle and watch the volcano erupt!

PUFFY PAINT:

Mix equal parts of flour, salt, water, liquid tempera (for color). Put in squeeze container. Use on heavy paper.

SCRIBBLE COOKIES:

Put old stubby crayons in muffins tins (lined with cupcake papers). Place in warm oven. Let melt. Pop out of paper when cool.

HARD-DRYING CLAY

2 cups Baking Soda

1 cup cornstarch

1 ¼ cup water

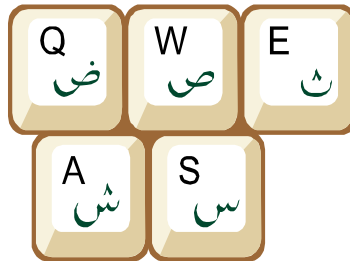
Mix cornstarch and baking soda. Add water. Blend thoroughly, then bring to a boil stirring constantly. At consistency of mashed potatoes, cool. Sculptures dry in 36 hours.

Tips:

Store ‘doughs’ in airtight plastic bags or containers.

Children are to wash hands prior to use of shared group materials.

Safety is paramount in cooking with children!!!!



Typing Websites

- Typingclub.com
- Senselang.com
- Doorwaytyping.com
- Bbctyping.com
- Eyecanlearn.com