

OT Fine Motor Classroom Program

Choose 1 or 2 activities to do along with a learning exercise each day!



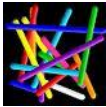
Sand Play – hide toys in the sand and the children have to dig them up



Painting, drawing on a vertical surface, use pens, chalk, water painting, texta's etc.



Spray bottle painting on butchers paper



Pick up sticks



Lego – practice building towers, copy a picture or sequence of colours, also play with small cars, action figurines, small blocks



Barrel of monkeys – create a chain of monkeys without letting anyone fall



Fuzzy felt pictures – constructing pictures from felt pieces



Card games – uno, snap, old maid



Musical instruments – keyboard, drums, triangles, tambourines etc.



Practice typing on an old keyboard or type writer



Pin the tail on the donkey game



Tweezer fun – pick up objects and put in container – start with cotton wool buds, move to marbles, small toys, rice, beads, pasta, peppercorns, etc.



Pegging – hang up the 'washing', with pegs, try and pick up small objects



Sorting games – sort through a number of items according to shape, colour or size. Items could be: buttons, shells, nuts and bolts, lego pieces, small pasta, beads, scraps of different textured materials and put them into different containers. Repeat with a blind fold

Pinning – with a picture on top of a folded towel, prick holes around the outside of the picture

Paper tearing – tear news paper or coloured paper to make a collage, crumple into balls and stick to make a picture or design

Paper clip chains – make bracelets, necklaces etc.

Threading and beading - Thread beads, cotton reels, cut plastic drinking straws, large buttons or macaroni to make a necklace or bracelet, use string, shoelaces, thin plastic tubing or wool.

Lacing Cards – cut out a picture, punch holes around the circumference and lace using the under and over technique

Marble games - Try to turn the hand over and back without dropping any marbles, try playing a boules game with marbles

Pipe cleaner twister – make people, animals, houses etc with pipecleaners. You can thread beads or pasta onto the pipecleaners for extra effect.

Sticker fun

Rolling stamps

Eye drop water transfer game

Puzzles

Elastic band boards – stretch elastic bands over a nail board

Hand and Finger puppets

Playdough play – roll, squeeze, pinch, dig fingers in, pat out flat



etc. Make a buffet dinner

Stress balls – squeeze in the palm of your hand or screw up newspaper in one hand

Playdough hair styling

Toothpick fun – use toothpicks to make designs in playdough or painting activities

Cutting activities – cut out shapes from paper or cardboard, incorporate it into a craft

Zipping and unzipping on items of clothing

Buttoning and **buckling**

Locks and keys

Screwing and unscrewing – nuts and bolts

Tying shoe laces

Finger painting – add and or rice to the paint for texture

Connect the dots

Tying bows with ribbon