

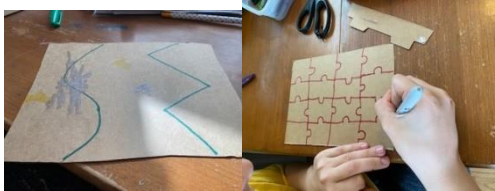


Fine Motor Activities 4-2-2020

Below are some suggested fine motor activities that you may incorporate in your home learning. Please read through the options and choose the activities that you think are helpful for your child. Some activities are to guide adults, some for adults and students to do together, some for students to do independently. If you have any questions, please reach out to your child's occupational therapist for further guidance.

Activity 1	Make a necklace or bracelet (Lacing activity)
Materials	String or yarn, beads or uncooked pasta with a hole in it, scissors
Skills Targeted	Fine motor strengthening & coordination, bilateral integration, eye-hand coordination
Instructions:	<ol style="list-style-type: none"> 1. Cut 12-24 inch piece of string. 1. Tie knot on one end of string. <div style="text-align: center;">  </div> <ol style="list-style-type: none"> 2. Lace desired amount of beads or pasta onto string. 3. Tie ends together.

Activity 2	Cereal box puzzle
Materials	Cereal or snack box, scissors, markers, crayons, pencil or colored pencils to decorate
Skills Targeted	Fine Motor, Visual Motor, Bilateral Coordination
Instructions:	<ol style="list-style-type: none"> 1. Choose one side of cereal box, cut out <div style="text-align: center;">  </div> <ol style="list-style-type: none"> 2. Create Puzzle Pattern (Easy or Hard) <div style="text-align: center;">  </div> <ol style="list-style-type: none"> 3. Decorate



4. Cut out



5. Put your puzzle together!



6. Flip and do it again!



7. Clean up



Variations:





*swap and share


*minute to win it, have a puzzle race!

*partner puzzle, mix your puzzle with a partner and work together to complete

*Create your own game!

https://www.youtube.com/watch?time_continue=14&v=WZybOGwOjRA&feature=emb_title

Activity 3	Make Oobleck (slime)
Materials	<p>1 cup Cornstarch, ½ cup water, spoon and bowl for mixing optional: 4 drops food color</p> 
Skills Targeted	Sensory, fine motor, science, exploration, daily living skills (prepare, follow recipe, clean-up)
Instructions:	<p>https://www.wikihow.com/Make-Oobleck Oobleck</p> <ol style="list-style-type: none"> 1. Measure 1 cup cornstarch and dump in bowl  <ol style="list-style-type: none"> 2. Measure ½ cup water and dump in bowl <ol style="list-style-type: none"> a. Optional add 4 drops color to water and mix  <ol style="list-style-type: none"> 3. Mix with spoon 

	<p>4. Explore! How does it feel? Describe, is it wet, dry, crumbly? Is it a liquid or solid?</p> 
	<p>https://drive.google.com/open?id=1J7BY_KiTnorgRtgWzGjULdxJ35y1QSR2</p>
<p>Modifications</p>	<ul style="list-style-type: none">• Adult mix ingredients• Try putting materials into Oobleck