



Pediatric Therapy Network

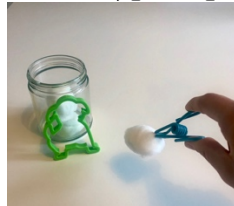
Occupational Therapy Fine Motor Home Activities

Hand & Finger Strengthening

1. "Feed the Animal"

Use a utensil with resistance to transfer small objects into a container.

- Materials:
 - Cup, bowl, or container to decorate
 - Utensil: tongs, tweezers, clothespins, chip clips, etc.
 - Small objects: cotton balls, pom poms, erasers, toys, beans



2. "Treasure Hunt"

Find small objects hidden in putty, clay, or Play-Doh.

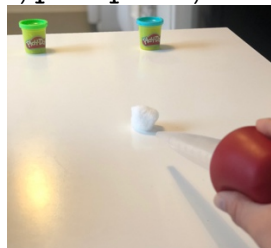
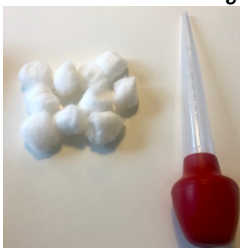
- Materials:
 - Small objects: beans, buttons, beads, toys, pegs
 - Dough: clay, Play-Doh, Theraputty



3. Turkey Baster Race

Use a turkey baster or eye dropper to move small, light objects.

- Materials:
 - Turkey baster, eye dropper
 - Small objects: cotton balls, pom poms, balls of tissue paper, foil, paper



Bilateral Coordination

1. Threading Fun!

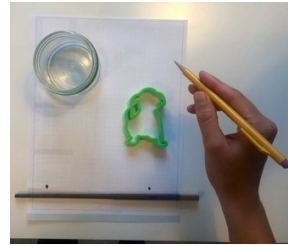
Use household materials to thread small objects onto a string-like object.

- Materials:
 - String: shoelaces, pipe cleaners, straws, string
 - Small objects: beads, pasta, cereal, buttons



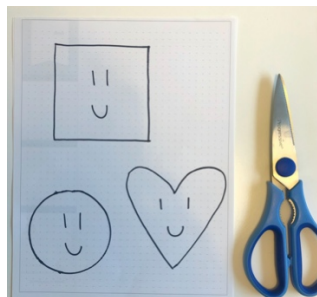
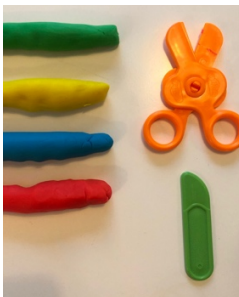
2. Hold & Draw

- Trace with stencils or household objects (i.e. cups, bowls, plates).
- Make lines using a ruler or straight object.
- Connect numbers, letters, or colored dots.



3. Hold & Cut

- Cut out pre-drawn shapes on paper, foil, or paper bags.
 - Simple: lines, circle, square, triangle, rectangle
 - Complex: star, heart, oval, cloud
- Cut with scissors or a knife.
 - Roll Play-Doh, clay, Theraputty into a “worm” using two hands.
 - Hold with one hand and cut with the other.

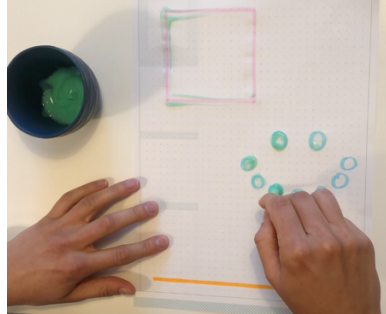


Handwriting

1. Q-Tip Art and Writing

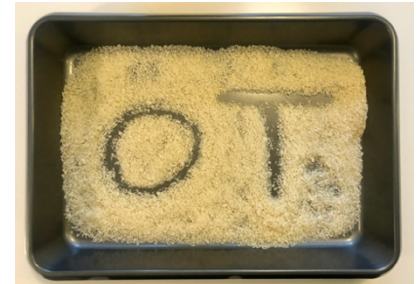
To promote a functional grasp on a writing utensil.

- Trace or copy shapes.
- Fill in dots that make shapes, letters, or a picture.
- Trace or copy or trace letters.



2. Tactile Play Using a Tray

- Materials:
 - Tray, baking sheet, or container
 - Contents: sugar, beans, rice, breadcrumbs, paint, foam, kinetic sand
- Ideas:
 - Pre-Writing Strokes: horizontal/vertical lines, diagonal lines, cross, X,
 - Write letters/words
 - Draw shapes



3. Writing on Different Surfaces

To promote shoulder/elbow stability, crossing midline, wrist extension, core strength.

- Vertical surface (i.e. wall, window, whiteboard, easel, mirror) or under a table
 - Tape a piece of paper to the surface
 - Use pencils, markers, crayons
 - Ensure appropriate support (i.e. pillow) if laying under a table.

