
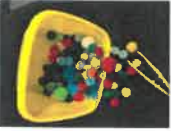


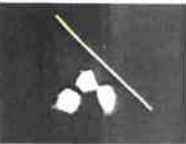











Occupational Therapy:

Here are a range of easy and fun fine motor activities that you may wish to try at home.

<p>Threading: Options may include different sized beads and pasta.</p> 	<p>Using tongs: Move or sort Pom Poms or small objects by colour, size or shape.</p> 	<p>Crayons: Small crayon pieces are great for strengthening pincer grip – you can colour, draw, or rub over hidden objects under the page.</p> 	<p>Plasticine/play doh: Shapes, objects, animals. Play-doh charades (“Can you guess what I am making?”)</p> 	<p>Cotton wool and straw: Blow through a straw to move a cotton ball across the table or floor – have races.</p> 	<p>Jigsaw puzzles: These are great for concentration and visual perception.</p> 	<p>Tying shoelaces: Practice knots and bows using a range of materials including ribbons, rope, cord.</p> 
<p>Practice dressing tasks: Areas of focus may include finding tags, and managing buttons and zippers.</p> 	<p>Colouring and drawing: Copying and colouring. Share a colouring or drawing task with you child.</p> 	<p>Building blocks: Make a challenge to build a tall tower, or matching towers.</p> 	<p>Chalk: Chalk is fun on concrete surfaces, and great for drawing skills, core strength, and can be washed off easily.</p> 	<p>Macaroni threading: Macaroni can be threaded onto string or onto skewers.</p> 	<p>Coloured or plain rice: Make home-made coloured rice, or use plain rice. Set up a tactile search to find small objects or figurines in a tub of rice.</p> 	<p>Water painting: A paint-brush and cup of water can be great for skill development when painting water on concrete or a fence. Practice shapes and letters.</p> 

 <p>Paper collage: Try ripping up paper for pasting to also improve pencil skills.</p>	 <p>Hole punching with pencil: Place your paper on a tea-towel or other soft surface, and punch holes using a sharp pencil, around shapes.</p>	 <p>Buttering bread or toast: Spend some time practicing the skills of spreading bread or toast, with focus on grip and steps.</p>	 <p>Pouring water: Practice pouring a drink, or pouring between containers during water play or bath-time.</p>	 <p>Play a game: Practice turn-taking, following instructions, and winning/losing concepts.</p>	 <p>Build a cubby: Get creative with different materials such as sheets, blankets, chairs, and tables. Make imaginary play fun!</p>	 <p>Stacking cups: Plastic cups are a great tool to build fine motor skills. Challenge your child to see how tall they can build their stack.</p>
 <p>Make your own instruments: Pots, pans and plastic bowls are great for our children to explore their musical talents.</p>	 <p>Ball games: Down ball, throwing and catching, and shooting hoops are all great options for building skills in the areas of bilateral hand skills, and eye-hand coordination.</p>	 <p>Collage with different materials: You can use lots of different materials to glue onto paper or cardboard to form shapes and letters. Materials could include cotton balls, pasta, beads, rolled up pieces of paper, sand, etc.</p>	 <p>DIY Dress-up Corner Dress ups: Characters, and themes related to stories or movies. Have a fashion parade.</p>	 <p>Folding some washing: Encourage your child to work with you during folding activities – this is great for visual perception and motor planning.</p>	 <p>Washing dishes: This is a great way to assist your child to build skills in managing safe kitchen tasks.</p>	 <p>Origami: Go online and find an easy design to make a creation.</p>