

# 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