

Suggestions to Strengthen Fine Motor Skills And More:

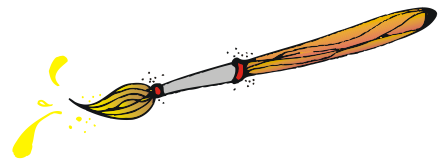


- Cut pictures out of newspapers or magazines.
- Play with small beads, Legos, Tinkertoys, Lincoln Logs, and so forth.
- Knead and build with Play-Doh, Model Magic or clay.
- Find hidden objects in the Play-Doh, Model Magic, clay or sand.
- Play Pegboard Games, Chinese Marbles, Connect Four, Operation, Pick-Up Stix
- Use tweezers to pick up small household objects and place them in a container.
- Play with any toys that involve manipulation of small pieces.
- Squirt water bottle outdoors on the sidewalk.
- Finger paint with Jell-O or cocoa dry or mixed with a little water on a paper plate.
- Form letters with small marshmallows and toothpicks or design objects.
- String popcorn, buttons, or beads to make necklaces/chains.
- Create a design on paper with a hole punch.
- Play tug-of-war with a coffee stirrer. Hold the stirrer only with the thumb and index finger.

Sensory Integration Activities

Incorporate handwriting with multisensory tactile experiences (e.g., writing on the mirror or tub wall with foam soap, drawing in the sand).

Perceptual Activities



Play a visual memory game on the board where first, give the child a couple of letters; then let them look; and then erase them. They have to remember the letters on the board and write them neatly (Practice Uppercase and Lowercase). Progress to CVC Words and High Frequency Words. * Do numbers as well. Another suggestion is to use lowercase magnet letters on a cookie sheet in place of writing them.