

HANDWRITING SKILLS

- Work on a vertical surface as much as possible. Put a large piece of paper on the wall to draw while standing, etc.
- Soap bubble writing on the bathroom wall.
- Lay on stomach and write on paper on the floor or sidewalk.
- Connect the dots (dot-to-dots). Encourage writing left to right and top to bottom and making pictures as well as numbers, shapes, and letters.
- Stencils—hold the stencil with nondominant hand.
- Use chalk on chalkboard, sidewalk, etc.
- Magna Doodle—turn it so the erasing lever is at top.
- Etch-a-sketch
- Mazes
- Hidden picture activities
- Use a flashlight against the ceiling. Lay on back and have a child track with eyes, or with a second flashlight follow the moving light from top to bottom, left to right, and diagonally. Play flashlight tag with 2 (
- Place a piece of paper on top of sandpaper for writing activities.
- Journal- take a picture of summer activities, have your child describe them and you write about them.

FINE MOTOR

- Use plant sprayer to spray plants (indoor and outdoor). Add food coloring and "spray" pictures on the sidewalk.
- Pick up small objects using tweezers (a nice size one can be found in the "Bedbugs" game). Try cheerios, small marshmallows, and pennies.
- Use an eye dropper with colored water to make pictures on paper or sidewalk.
- Legos
- String beads, noodles, cereal, etc. Use string, licorice rope, pipe cleaners, straws, etc. Make bracelets, necklaces, patterns, etc.
- Jacks
- Marbles
- Use spring type clothes pins to clip things together.
- Put coins into a piggy bank.
- Wind-up toys
- Twist bottle caps on and off.
- Puzzles
- Tinker toys
- Pick-up sticks
- Use screwdriver, nuts and bolts, and other safe tools for play or for actual tool work.
- Make sticker pictures and rubber stamp pictures. Start with 1 sticker/stamp and draw the rest of the picture from there.

SCISSOR SKILLS

- Cut junk mail.
- Make fringes on the edge of construction paper.
- Cut play dough or clay with scissors. May want to use blunt scissors for this.
- Cut straws (then use as construction materials to build with).
- "Shred" paper.

PLAY DOUGH

- Mold/roll play dough into balls—use the palms of hands facing each other with fingers curled slightly towards the palm.
- Roll play dough into tiny balls (peas) using only finger tips.
- Use pegs or toothpicks to make designs in play dough.
- Cut play dough with a plastic knife or with a pizza wheel.
- Use a rolling pin, garlic press, cookie cutters, etc. to add to ways to play with play dough.

OVERALL COORDINATION

- Animal walks, wheelbarrow walks, wall push-ups.
- Catch bubbles with hands (clap).
- Theraputty activities.
- Draw in various materials with fingers (sand, wet sand, mud, salt, rice, "goop"). You can make goop by adding water to cornstarch until you have a mixture similar in consistency to toothpaste.
- Hide/Find small objects in salt, rice, sand, and putty. Try it with eyes open and closed. Use a tray or small box to keep the salt, rice, etc. from getting all over the place.
- Throw bean bags/koosh balls into a hula hoop placed flat on the floor. Make a large face out of cardboard or wood. Make the mouth a large opening (circle, oval). Prop it up and use it as a target to throw balls, bean bags, etc. into. Use an old tire propped up as a target as well. Gradually increase the throwing distance.
- Throw and catch with a ball. Larger balls will be easier at first. They also sell sets that have a Velcro ball and 2 mitts to aid in catching.
- Bowling
- Play with balloons—volleyball, hit the balloon, don't let it hit the floor, etc.
- Hopping in and out of objects like hula hoops, shallow boxes, or around an obstacle course.
- Hopscotch, hop on letters as well as numbers(
- Roll on a level plane or down a hill. Find out how many different ways to roll (arms outstretched, arms at sides, one arm out, then other to the side, fast rolling, slow rolling).
- Swim