

Occupational Therapy Activities

Week of June 8-12

Fine Motor Activities

Pinchers, tweezers, grabbers!

1. Print out the attached fish bowls or draw your own on paper
2. Place gold fish on a plate or surface
3. Have your child use tweezers to pick up the goldfish and place on the fish bowl to match the number on the bowl.
4. Repeat until activity is completed.

*If you do not have goldfish any small items will work (cherrios, mini erasers, crumpled papers).

*you can find tweezers in games, kitchen, or dollar store

*remember to have your child hold the tweezers as they would a pencil and correct them gently when needed



If your child struggles with tweezers have them use their pincer fingers

Gross Motor Fun

More Fish!

1. Parents cut out simple fish shapes and draw a letter of their name on each fish and tape them to the wall (or you could draw fish on driveway with chalk)
 2. Have your child toss a bean bag or rolled up socks at the fish (encourage an overhand throw)
 3. Have your child first say the letter or match it to another same letter
 4. Have your child trace the letter on paper to practice the letters of their name
- *if on the driveways they can trace over the letters you have written or draw with chalk beside the fish



Visual Perceptual fun

Work on patterns this week. You can do this in many ways

- Cut out colored fish and have your child line them up in an A B pattern (red, blue, red, blue)
- Use two kinds of cereal or fruit loop colored cereal and have your child stack on spaghetti by color in an A B pattern (red, green, red, green)
- Use a large peg board and have your child place pegs into the holes in a pattern (or have them copy your pattern you made)
- Use legos or colored blocks to stack in a pattern.

Visual Motor Skills

Practice tracing and cutting lines!

1. Print out pages 3,4,5, 7 and 13 of the sheets provided (if unable to print them all out feel free to draw your own on paper)
2. On the first sheets (page 3 & 4))have your child trace the dotted line in between the two lines **Like a maze...Keep this page intact !**
3. Next have your child trace the lines on pages 5,7, and 13 carefully on each page
4. Then have your child cut on the lines of pages 5 and 7 with help to practice their cutting skills.

*if unable to print all sheets, just choose a few or draw your own!

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