

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).*

**remember to have your child hold the tweezers as they would a pencil*



Many games have tweezers, you can use toast tongs, or kitchen tongs

Gross Motor Fun

More Fish!

- Parents cut out simple fish shapes and draw a letter on each fish and tape them to the wall (or you could draw fish on driveway with chalk)
- Have your child toss a bean bag or rolled up socks at the fish (encourage an overhand throw)
- Have your child first say the letter then have them write the letter that the bean bag / socks hit or landed on

**use the letters in your child's name or in sight words they are working on*

**if on the driveways they can trace over the letters you have written or draw with chalk beside the fish*



Visual Perceptual fun

Complete the pattern worksheet provided

1. colors to continue the pattern. Print out black and white page or worksheet provided
2. Have your child cut the bottom row of fish out as indicated (highlight the lines for your child before cutting)
3. Have your child glue on the correct fish to make the pattern in each row.
4. Have your child color in the fish on the worksheet. (if possible direct them to color the fish that are the same the same colors)

Visual Motor Skills

Practice tracing and cutting lines!

1. Print out the sheets provided (if unable to print them all out feel free to draw your own on paper)
2. On the first sheet (page 2) have your child draw a line in between the two lines as modeled on pg. 3.
Like a maze...Keep this page intact !
3. Next have your child trace the lines on pages 4-9 carefully on each page
4. Then have your child cut on the lines of pages 4-9 carefully to practice their cutting skills.

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