

# All Ages/Grades

## Fine & Gross Motor Resources

### Week 11: June 8th-12th

Please choose 1 or 2 tasks to do with your child this week for each area in which he/she receives therapy. Under each Skill Area, tasks are organized developmentally: least difficult to most difficult. Choose the task that's most appropriate for your child.

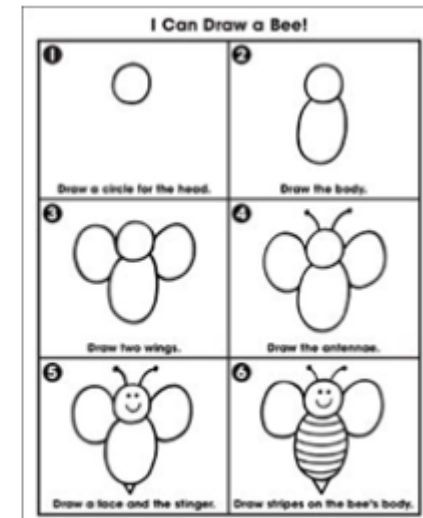
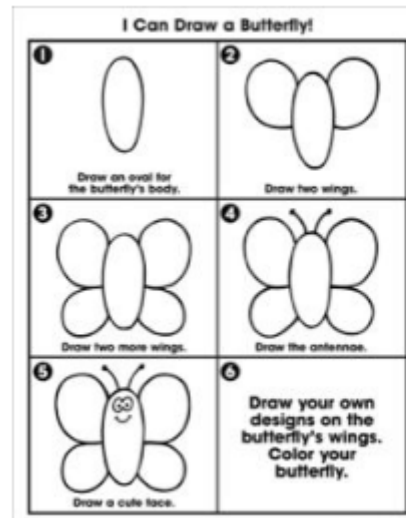
<b>Fine Motor</b> <b>(Occupational Therapy)</b>	<b>Gross Motor</b> <b>(Physical Therapy)</b>
<p><b>Skill Area: Toy Play.</b>  Children work on attention, stretch imagination, and improve interaction through play.</p> <p>This week's focus: <u>Playdough</u></p> <p>Have your child make the dough alongside you. You will need measuring cups and a tablespoon.</p> <ul style="list-style-type: none"> <li>• Put 1 cup of flour and <math>\frac{1}{4}</math> cup of salt in a bowl. Mix.</li> <li>• Add <math>\frac{3}{4}</math> cup of water, and 1 tablespoon of oil.</li> <li>• Mix together, then knead on a floured surface.</li> </ul> <p>~ Your child will practice sequencing as well as fine motor control.</p> <p>-----</p> <p><b>Skill Area: Memory.</b></p> <p>This week's focus: Flexing your child's memory muscle.</p> <ul style="list-style-type: none"> <li>• Each day for a week, ask your child the same memory question. Let your child know that they can try each day to answer the same question. This technique will help your child focus on the activity and keep it in their mind.</li> <li>• Some ideas for a memory question are: <ul style="list-style-type: none"> <li>○ Lunch items eaten</li> <li>○ Game played</li> <li>○ TV show watched</li> <li>○ Who your child saw</li> <li>○ What snack was eaten</li> </ul> </li> </ul>	<p><b>Balance and Coordination:</b> Some simple activities to work on lower extremity coordination and dynamic balance when walking from one room to another or outside.</p> <ul style="list-style-type: none"> <li>• Walk heel-to-toe</li> <li>• Walk backwards</li> <li>• Walk sideways</li> <li>• Do a grapevine step</li> <li>• With a line for reference, walk forward, right foot stepping to the left side of the line, then the left foot stepping to the right side of the line</li> <li>• When walking, bring the knee up high and touch it with the opposite hand</li> <li>• Lightweight objects; Try to catch, poke, or kick bubbles before they pop or land on the ground.</li> </ul>

## Fine Motor (Occupational Therapy) *continued*

### Skill Area: **Imitation.**

Imitative learning allows children to observe, then practice the skills they've seen, then generalize those skills into their daily life.

**Direct Draw:** Have your child draw one of the pics! →



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### Skill Area: **Fine Motor**, specifically Bilateral Coordination skills.

Bilateral Coordination is the ability to use both sides of the body at the same time in a controlled and organized manner.

**Rubber Band Challenge:** Wrap rubber bands around a TP roll.

To make it more complex, wrap the rubber bands multiple times around an action figure or a figure toy for your child to "rescue" by taking off the rubber bands.

