

All Ages/Grades

Fine & Gross Motor Resources

Week 10: June 1st-5th

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.

Fine Motor (Occupational Therapy)

Skill Area: **Toy Play.**

Children work on attention, stretch imagination, and improve interaction through play.

This week's focus: **Ball games for 2 or more**

Play interactive ball games with your child to share enjoyment, and increase focus and attention span.

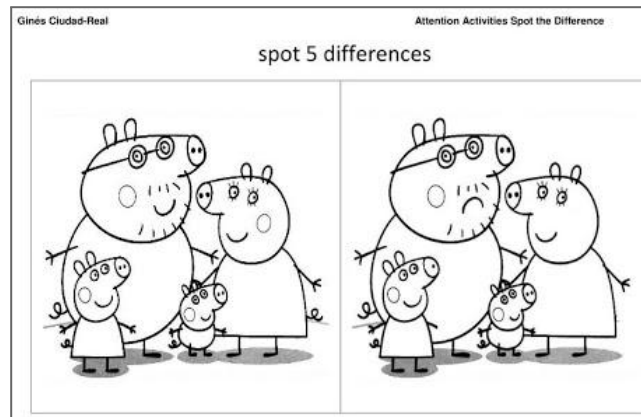
- **"Pass the Potato"** by earlyimpactlearning.com (can be simple or made to be more difficult)
 - Use a ball, potato, or other item that you can pass around a circle.
 - Sing a simple song that your child knows as you pass the ball. Whoever has the ball at the end of the song is the winner.
 - Increase this game's difficulty with two balls going around the circle; and more difficult still, one ball going one way in the circle and one ball going the other way.

Skill Area: **Working Memory.**

Children use their working memory to keep information stored for immediate use.

Spot the Difference activities require working memory to complete.

[Click here](#) for a very simple black and white picture. You can search that site for other simple "spot the difference" activities and can also find more difficult ideas if you search for "spot the difference" pictures online.



Gross Motor (Physical Therapy)

Ball Skills: As the weather gets better, working on ball skills is a good outdoor activity.

- **Catch:** large or small balls that are tossed or bounced to child; bounce and catch a ball in place; catch balloons, bean bags, squishy balls, etc (to vary the texture of objects you catch)
- **Throw:** bounce large balls to another person; practice throwing a small ball (eg. tennis ball) overhand and underhand; throw at a target
- **Kick:** kicking a ball to another person or at a target; stop a ball kicked to the child by stepping on top of it (works on eye-foot coordination and balance)
- **Eye tracking:** watch bubbles, feathers, balloons or other lightweight objects; try to catch, poke or kick bubbles before they pop or land on the ground

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.

Shaving cream drawing or letter practice:

- Place shaving cream on a tray or cookie sheet to have your child practice drawing shapes or letters.
 - Easier version: shape drawing
 - practice with *simple lines, circle, and cross.*
 - To add more complexity, have your child draw a *square, triangle, and diagonal lines.*
 - ~ Be sure to have your child copy the shapes either from a visual model or play with them and have them imitate the shapes you draw in the shaving cream.
 - More advanced version: letter formation practice
 - Again have them copy your letter in the shaving cream, and guide them through as much as needed to ensure that they are correctly forming and sequencing the letter.
- Enjoy! If your child is adverse to the shaving cream, don't force the activity and just practice using paper and drawing utensils. -

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.

Ziplock Maze:

- Make a ziplock maze with a design drawn on it for your child to follow.
- Draw the design on the bag using a black Sharpie/permanent marker. Make it as complex as you think your child is capable of doing.
- Place a cotton ball (or cotton balls to make it more complex) into the ziplock bag. Have one of the cotton balls be colored to stand out and be the one to follow the maze track.
- ~ This activity will help engage both of their hands to work together to follow the maze path.

