

Below is a month's worth of fine motor activities. Complete an activity from the chart below for 15 mins per day.

Monday	Tuesday	Wednesday	Thursday	Friday
Play with toys while laying on belly.	Turn pages of a board book.	Play patty cake.	Roll a large ball back and forth.	Stack large blocks.
Squirt toys	Roll clay or Play Doh.	Play with kitchen tongues to move toys.	Build with large Legos.	Pull out kleenex or tissues from a box.
Use a spray bottle of water to "help" clean windows or counters.	Use shaving cream to draw shapes and "scribble".	Squeeze large Ketchup/Mustard bottles.	Place large beads into a bottle.	Tear paper
Scribble with a small (broken) crayon.	Peel and place stickers.	Pour water from one container to the other.	Use a spoon to transfer objects from one container to the other.	Place coins in a piggy bank.

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