

## **OT Activities**

(To promote fine/ visual motor coordination)

- Animal walking (bear walk, frog jump, crab walk)
- Playdough/ putty- hide/retrieve small items, pinch, poke holes with fingers/ pegs
- Large/ small pop-beads- make necklaces, “snakes”, trains
- Finger puppets
- Legos/ Larger Mega Blocks- separate, connect to create tower, car, house
- Tearing/ crumpling tissue paper- create a craft project (flower, sun, etc.)
- Small tongs (i.e. strawberry pickers)- pick up cotton balls, small kooshballs
- Hole punchers (fun hand-held and finger held ones can be found at Michael’s)
- Clothespins- pinch on/ off a string, hang game cards on a string
- Instruments (drums, horns, maracas, tambourine, triangle, toy accordion)
- Lincoln Logs
- Transformer dolls
- Mr. Potato Head
- Waffle/ Bristol Blocks/ magnetic blocks
- Squeeze balls, water toys/ squirters
- Putting together/ taking apart larger Nuts and bolts
- Hammer games/ activities (“bang-a-ball,” hammering golf tees into styrofoam)
- Sidewalk chalk- imitating/ copying lines, shapes, letters, drawing person/ adding body parts, etc.
- Finger paint/ shaving cream (same activities as above)
- Paintbrush
- Lite Brite
- Stacking games/ pegs
- Working on an easel/ chalkboard
- Coloring/ drawing while laying on floor (promote finer/dissociated wrist movements while weight-bearing on forearms)
- Puzzles- formboards, large floor puzzles
- Cutting with scissors- snip string, playdough, etc. then cut lines, then curves/ circles, shapes, magazine pictures, coupons, etc.
- Buttons/ snaps- large then small
- Coloring, dot-to-dots, mazes, stencils
- Magna Doodle
- Design copy activities- blocks, chalkboard, dry-erase board
- Lacing/ sewing boards
- Stringing macaroni, cheerios, beads, etc.- on string or pipecleaner