

OCCUPATIONAL THERAPY Activities for Home

Additional Suggestions

Grasp

- Model appropriate pencil grip (show your child how to be using your own hands).
- Encourage your child to hold a pencil with their thumb, index, and middle fingers, and support the pencil with their ring and little fingers.

Visual Motor

- Practice cutting along straight and curved lines on paper to help improve visual-motor integration.
- Play with building blocks or cardboard to help develop spatial awareness and fine motor coordination.

7 FOCUS AREAS

Fine Motor Activities

- **Playdough or clay activities:** Rolling, shaping, and manipulating playdough or clay helps to develop fine motor control and finger strength.
- **Puzzles:** Completing puzzles can improve visual perception skills, hand-eye coordination, and fine motor dexterity.
- **Seed stringing:** Stringing beads or seeds promotes finger dexterity, hand-eye coordination, and concentration.
- **Cutting and pasting activities:** Cutting and pasting with scissors and glue improves hand strength, bilateral coordination, and visual-motor skills.
- **Tearing paper:** Tearing paper helps to improve hand strength and dexterity, as well as bilateral coordination.
- **Drawing and coloring:** Drawing and coloring activities promote fine motor

Handwriting Practice

- **Writing letters in the air:** Have your child practice writing letters in the air with their finger. This activity can help improve letter formation and fine motor skills.
- **Tracing letters:** Provide worksheets with letters for your child to trace. This activity can help improve letter formation and fine motor skills.

Scissor Skills

- **Cutting out paper for characters:** Create paper dolls or puppets and encourage your child to cut them out. This can be a fun way to develop scissor skills and imagination play.

Activities of Daily Living

- **Create a visual schedule for morning and bedtime routines:** Encourage your child to follow a visual schedule for morning and bedtime routines. This can help them develop self-regulation skills and improve their ability to follow directions.
- **Sorting and matching activities:** Provide your child with sorting and matching activities, such as sorting laundry or matching socks. This can help them develop fine motor skills and improve their ability to follow directions.

strengths, that to encourage them to follow and improve their ability to follow directions and independence with their daily activities. This can help them develop self-regulation skills and improve their ability to follow directions.

Occupational Therapy Handouts For Parents

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