

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 ExoLink blocks or connect cubes to help develop spatial awareness and fine motor coordination.
- Use dot markers on paper to help with letter formation and planning.

**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 fine motor skills and imagination.

Activities of Daily Living

- **Create a visual schedule for morning and bedtime routines:** Use pictures or drawings to help your child understand and follow a routine. This can help improve fine motor skills and independence.
- **Sorting and categorizing:** Sort and categorize small objects like buttons, beads, or pom-poms. This can help improve fine motor skills and concentration.

strengths that to encourage
to feel and improve their ability to
use skills and independence with
to improve hand strength and
fine motor skills and independence
to help with fine motor skills
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Occupational Therapy Handouts For Parents

Lingjun Ying



Occupational Therapy Handouts For Parents:

The Enigmatic Realm of **Occupational Therapy Handouts For Parents**: Unleashing the Language is Inner Magic

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