

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.
- Use string to make patterns on paper to help improve visual-motor integration.

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 index 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:** Encourage your child to follow a visual schedule for morning and bedtime routines. This can help them learn to follow directions and complete tasks independently.
- **Sorting and matching activities:** Use small objects like buttons or beads to practice sorting and matching. This can help improve fine motor skills and concentration.

• **Stringing beads:** Stringing beads on a string 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

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Emilie Sanchez



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