

OT Activity Ideas

Fine Motor Ideas

From Grey Cabinet in Therapy Closet:

- **Peg Board-**
 - Placing the peg into the hole or taking them out (place the peg board on one side of body to work on crossing midline)
 - Have them place the pegs in a specific row, shape, letter, or design
 - Have them copy a design you have already made in another peg board
 - Categorize pegs by colors or have them follow a color pattern
 - Time how long it takes the child to place them all in and then all out (make it into a fun race)
- Use the **Mini Bowling Game** or **Mini Tic-Tac-Toe board:**
 - Have child set the pins up then roll the ball to knock them and count how many they knocked over and then figure out how many they have left to knock
 - Have the child use a bean bag to flip the square, or have them use only one finger
- Use the **Miniature Net** to catch a ball
 - Can have the child stand on a balance disk, kneel, sit, squat, jump
- **Ants in the Pants** Game: work on individualization of finger movement by:
 - Flicking the ants into the pants using a specific finger
 - Throw the ants into the pants
- **Puzzles:** Use a big puzzle or small puzzle, use the foam puzzle or fuzzy puzzle
- **Dominoes:**
 - Play the original game
 - Line them up in a design then do the domino affect to know it over
 - Use them to count
- **“Infinite Loop:”** “Change the track constantly, controlling the ball to roll without falling.”
- **Deck of Cards:**
 - Count
 - Patterns
 - Categorization
 - Card Games: Crazy Eights, Gold Fish
 - Make a card pyramid
 - Shuffle Cards
- **“Shape Building/Mosaic Tiles:”**
 - Create a design using the shapes and then have the child copy your design
 - Make a certain shape using many of the different pieces
 - Categorize them into shapes or colors
 - Count with them
- Place **Coins into the Piggy Bank** using one hand (Focus on in-hand manipulation skills and pincher grasp)

From the cabinets in Room 1:

- **Mancala Game**
 - Play the game or use it as a categorization strategy
- **Jenga**
- **Lego's**
- **"Cats-Cradle"**
- **Hammer Game-** Use a hammer to nail the pieces into peg board (also can use push pins w/ Supervision)

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***Refer to Fine Motor Development Book for more ideas**

From the Kitchen Room Closet:

- **Finger Paint:** on paper or on table
- Use **Model Clay:**
 - Make an animal
 - Pinch off tiny pieces and roll them into donuts using the tips of your fingers
 - Roll the clay in between your two hands to make a ball
 - Place beads into the clay and have the child pinch them out
 - Cut the clay using scissors
 - Squeeze the clay
 - Make a hand print into the clay
 - Roll the clay into a long piece, twist it, and wrap it around the wrist as a bracelet
- **Whistles:** Can have child whistle on command (tell the child how many times to whistle or when you clap your hands...) or freestyle
- **Bubbles:** Have child blow the bubbles or pop the bubbles with an extended finger or by clapping them..., count the bubbles...
- Create **Sensory Buckets:**
 - Child places their hands in the different buckets
 - Can blind fold the child and have them guess what they are touching
 - Can have different themes for the buckets such as different types of foods, beans, liquids...
- **Tweezers:**
 - Transfer objects with tweezers
 - Pick objects out of clay or dough with tweezers
 - Place beads on string using tweezers only
- **Create a Pet Activity:**
 - Draw or stencil or print an animal
 - Cut it out
 - Glue on a googly eye
 - Paint the animal
 - Tape a leash to it
- Use a **Slant Board** for an activity (“...slant boards, easels, and chalkboards are developmentally superior to horizontal surfaces for young children. A child can better control her wrist and finger movements when the work surface is vertical, and can understand spatial directions more easily.”)
- **Make Newspaper or Magazine Creations**
 - Choose a theme (i.e.: “My Life,” “Things I Love”) or have no theme
 - Cut or rip out pictures, letters, or words from a magazine and glue them to a piece of paper to make your own art
- **Stamps**
- **Ball on Spoon**
 - Have child hold a long-handled spoon about an arms length away from body and carry a ball across the room
- **Transfer Water** using spoons, sponges, a baster, eye dropper (develops control of graded movements with her thumb and index finger)

- “Can use different containers each dyed a primary color and then mix the colors to create a new color”

- Water plants or fill a cup using a **spray bottle** (Child has to squeeze to use it)
- **Trace** a picture from a book
- Create **Crumbled Paper Art**
- **Cotton Ball Races** Using a Straw to blow them across a finish line (Oral Motor)
- Use **Blow Pens** to create art (Oral Motor)
- **Stringing Beads**
- Make **Door Knob Hangers** from foam board and stickers
- Make **Paper Snow Flakes** using scissors and folding paper
- **Clothes-Pins**
 - Wrap a rubber band around the end and pinch it open and close to strengthen intrinsic muscles of the hands
 - Pick up cotton balls and transfer them into a bucket using the clothes-pin...time how many the child can get in 30 seconds
 - Place the clothespins on the top of the hammock swing and have the child climb up to get them off, or place them on the ropes of the platform swing and have child balance while swinging to get them off
- Create **Fortune Tellers**

<http://www.origami-instructions.com/origami-fortune-teller.html>

- Categorize different objects using an old **Egg Carton**
 - Can use M&Ms, beads, beans, marbles, etc
- Use **Plastic Solo Cups**
 - Can Play the Cup Game
 - See how many cups you can stack to create a pyramid
 - Use them to catch and toss a ball to a partner
- Make **Paper Fans** by folding the paper
- Create your own **Sand Art**
 - Rub two pieces of chalk together over either sand, salt, or sugar (To create a color) Make a few colors.
 - Pour the different colors using a funnel or spoon into a jar (“Have child hold the jar while pouring to work on coordination and strengthening the recessive hand”)
 - Place a paper over top and wrap a rubber band around it

- Make **Paper Chains**
- Make **Tissue Paper Flowers**

<http://www.wikihow.com/Make-Tissue-Paper-Flowers>

Gross Motor Ideas

- **Hands and Feet:**
 - Tape a row of hands or feet cut-outs in a row (alternating left right) on the wall or floor and have the child place their hands or feet walking down the line (works on crossing midline, coordination, and sequencing)
- **Stuff Animal Scavenger Hunt-** collect all the animals around the therapy room and bring them back to the zoo
- **Twister**
- **Limbo-** Have the child limbo using different gross motor movements
- **ABC game Puzzle Board or Alphabet Letter Puzzles:**
 - Can line them up and then have to find something in the gym that starts with each letter of the alphabet and put it on the puzzle piece
 - Take different letter puzzle pieces and put them on different activities in the gym. Have the child complete the activity to collect the letters needed to spell his/her name.
- **Foam Floor Letter Puzzle Pieces:**
 - Call out a letter and have the child either stand on it, jump on it, hop on it, sit on it, etc
- **Sit on Spinning Board** and set up targets around the board in a circle for the child to toss bean bags into while they spin
- **Leap Frog**
 - Jump over peers
 - Use 2 carpets like stepping stones only to move across the room
- **Statue Game**
 - Move yourself into a position and have the child mimic what you do
- **Mother May I, Simon Says, Red Rover, Hide and Seek, Follow the Leader, Scavenger Hunt**
- **Jump on the trampoline w/ a therapy ball:** Gives proprioception
- **Obstacle course**
 - Roll over something
 - Balance on something or Walk on a balance beam type thing
 - Crawl, Army Crawl, or Crab Walk
 - Scooters
 - Sports Wall
 - Throw, Bounce, Dribble, Catch, Bat
 - Roll, Jump, Hop, Gallop, Inch Warm Walk, Bear Walk
- Incorporate **Weighted Balls** into an activity (Heavy Work)
 - Place weighted balls in the ball pit and have the child toss them out into a target
 - Place the weighted balls on a blanket and have the children pull them across the room (Can make it into races)
- **Ring Toss**
- **Pin the Tail on the Elephant**
- **Use the Silly Faces as Stepping Stones**
- **Bean Bag Rock**

- **Large Blocks**
 - Build a bridge with them
 - Build a tower and knock it (can have them jump through it, roll into it, etc)
- **Mini Golf Game**
- Create a **Maze** out of different objects and have the children go through it
- **Wheelbarrow Races, Potato Sack Races**
- **Scooters**