

Dear Parents,

Here is a list of activities that you can do at home with your children to help refine important developmental skills that will improve their ability to meet the demands of school.

Fine Motor Skills:

- Playdough, silly putty, or clay strengthens little fingers
- Shaving cream play is a great sensory activity. Hide items, letters they must find
- Hide and then find tiny pegs, beads, marbles or coins in silly putty, playdough, or theraputty
- Chalkboard/whiteboard activities on a vertical surface
- Tape paper to a flat wall surface for drawing or writing
- Make and complete mazes to draw or cut along
- Place clothespins around cardboard cut outs
- Beading necklaces made of dried pasta, large beads or cheerios works on bilateral coordination
- Use tweezers or adaptive chopsticks to pick up small toys and place in container
- Use a small finger puppets to work on individuation of digits
- Stamping activity. Try the flexible rubber stamps, sponge stamps and firm stamps
- Crumple paper or tissue paper for art projects
- Roll and shake dice within t of one hand
- Roll a pencil from palm to finger tips and back
- Water plants using spray bottles

Weight Bearing Activities:

- Wheelbarrow walking
- Side sitting and weight bearing while we play board games or do puzzles.
- Bear walks
- Crawling inside tunnels and under pillows

Bilateral Activities:

- Catching balls.
- Carrying containers of toys or trays with small items
- Opening packages of foods, snacks and juice
- Play with pop beads and legos
- Dressing dolls and Barbies.
- Emptying containers
- Clearing the dinner table
- Stringing beads.
- Tearing paper
- Holding paper against a wall while drawing or coloring with the other
- Holding paper during cutting activities

Balance Activities:

- Walking backwards
- Walking over obstacles
- Walking on curbs with arms extended.
- Wrestling for fun.
- Lots of swinging at the park.