

Gross and Fine Motor Activities & Resources Part 2

This is optional information that gives activities and resources for students to utilize at home for both fine and gross motor skills. These ideas and resources are to be used at the discretion of the parent/guardian and while following all doctor's orders and/or recommendations for the student. This is to be used as a guideline only, please pick activities that are suited and are appropriate for the student.

Please always provide total supervision and/or assistance as needed for the student's safety.

Gross Motor Activities:

- Call out an animal and have the student walk like that animal (duck, crab, bear, frog, etc.)
- See how far the student can jump. It can be fun to mark how far they jumped to see if they increase their distance
- Make a balance beam path with chalk outside or painter's tape/floor tape inside.
 - For students in a wheelchair- instead of a balance beam activity, it can be fun to practice maneuvering their wheelchair while following the path that was created
- Play movement songs like Head, Shoulders, Knees, and Toes or the Hokey Pokey
- Catch or tossing bean bags. A bucket or laundry basket could be used to toss the bean bags into and can be moved around the room to adjust the distance of the toss
- Use floor tape or painter's tape to provide a visual cue while ascending and descending the stairs with a hand railing. It is best if you can use two different colors of tape or make a different shape out of the tape to indicate right and left foot. Place the tape where the student's feet should go on the steps. Depending on what is appropriate for the student, the right and left foot tape can be placed on the same step if they are going to put both feet on each step or on different steps if doing an alternating pattern (one foot on each step). Start with a few steps before doing the whole flight of stairs. This can be performed using a step stool as well using hand held assistance or a surfaces/wall for support if the student does not have stairs at home. Please provide total supervision or assistance as needed for the student's safety.
- Play bowling by using a ball and empty water bottles or soda bottles. The student can either roll or kick the ball to hit down the bottles.
- Sit on a pillow on the floor while playing with toys or reaching for toys
 - For students who need to be in supported sitting- place the student in a supported sitting position and depending on what is appropriate for them, ask them to look up at the toy or reach for it. Try placing the toy to the right, left, or center. Please provide total supervision or assistance as needed for the student's safety.
- Ask the student to stand on the floor and airwrite shapes, letters, or numbers. You can ask them to airwrite big or small to get different types of movement for their arms, legs, and trunk into the activity or to cross midline.

- Play in a prone or prone on elbows position (the student laying on their belly or laying on their belly propped on their elbows/forearms) while asking the student to complete a task that is appropriate for them, like lifting their head, coloring, or completing a puzzle. Please provide total supervision or assistance as needed for the student's safety. Also perform this activity to their tolerance.
- Play a game like Follow the Leader and walk or march around the house.
- Pass a light ball back and forth- make a game out of it and keep score by seeing how passes can be completed before dropping the ball
- Play "Red Light Green Light" outside. If your child is in a wheelchair have them propel themselves at the appropriate speed.

Positioning:

- When working at a table or desk encourage the student to sit with good ergonomics
 - It is best for the student to sit with their feet flat on the floor
 - Hips and knees should be at 90 degrees
 - The table or desk should be approximately elbow height to easily rest their arms on when working
 - Encourage the student to sit upright without slouching
 - Good Resource: <https://www.physifun.co.za/parents-faqs/>

Fine Motor Activities:

- Take an old pringles can (or something similar) and make an opening in the top; then have the child put coins into the slot at the top
- Ideas for Cutting: Safety scissors should be used. Any cutting activity needs to have total supervision.
 - Have the child practice cutting out simple shapes and put them together to make a robot.
 - Cook some spaghetti and have the child practice making snips in the spaghetti.
- Have the child practice attaching clothespins/chip clips onto a folder, the edges of a bowl, the edge of a table, etc.
- Have the child make a scrapbook of their favorite things! They can use old pictures, magazines, stamps, stickers, or whatever they want to use to decorate their "book."
- Read a story with your child and then act it out with blocks, legos, or whatever you have available. (3 Little Pigs, make the 3 houses)
- Lacing can be practiced with a lacing kit or punching holes into a paper plate and using an old shoe string or a piece of yarn. You can also make this more challenging if you put numbers on the holes, or colors, and give directions ,i.e. "start at 1" or "start on red".
- Have the child make different shapes out of play doh with cookie cutters or with their hands.
- Wrap puzzle pieces, refrigerator magnets, or any other small objects in aluminum foil and have the student unwrap each item.

- Write letters/shapes/numbers on a piece of paper and tape it somewhere outside. Fill a spray bottle with water and have the student spray each letter/shape/number when you call it out. Great for hand strengthening!

Handwriting/Pre-Handwriting Activities:

- Have your child practice handwriting using a multisensory approach- practice drawing the letters/shapes on each other's backs, make letters out of play doh, finger paint, etc.
 - You can also pour flour, salt, or shaving cream onto a cookie sheet or pan and have the student draw the letters in there.
- Write a letter/number that the child is practicing big on a sheet of paper and have the child place stickers on it using the proper formation.
 - Another idea is to have the child tear paper into small pieces and glue on the letter/number you are working on, like a mosaic.
- Have the child make shapes, pre-writing strokes, or letters with paint and a q-tip.

Sensory Activities:

- Have your child make homemade play doh! There are so many recipes online for this that require few ingredients.
- Water play is a great way to incorporate sensory activities into your day. If it is warm enough outside, grab a hose, some cups, buckets, a strainer, or whatever you can find in your house to play with. They can also make a "mud pie" or "mud castle" if you are ready for a mess!
- Baking is a great way to incorporate sensory integration into your day
- Bubbles are a great activity orally, tactily, and visually
- Fill a large ziploc bag with paint, hair gel, water, oil, etc. (whatever you have around your house). Close the ziploc bag and lay it on the table or floor. Have the student "push" the liquid around from the outside to see how it moves. You can also add small manipulatives to the bag if the student would like.

Resources:

Here are some websites that we think are great gross and fine motor resources to view if interested

Gross/Fine Motor Websites:

- <https://www.growinghandsonkids.com>
- <https://theinspiredtreehouse.com>
- <https://starfishtherapies.com/blog/>

Handwriting Websites:

- <https://www.handwritingworksheets.com/flash/printdots/index.htm>
- <http://phonograppage.com>

- See the *letter formation* section

Sites with Worksheets:

- <https://www.bigactivities.com>

Typing Websites:

- <https://www.freetypinggame.net>