

Fine motor fun: Deck of cards, Clothes pins, and play dough – These are fun but functional activities which will strengthen the hand muscles for fine motor

Write numbers on the clothes pins, sort out the cards and clip the matching card together.	Tweezer games, sorting pom poms by color or size, eat dry cereal with tweezers (cheerios work great), stack blocks or buttons.	Use play dough to create a house of cards. Roll balls of play dough and stick cards into the dough.	Sort cards by color, or by number.	Work on shuffling the deck – play a game of war by having each player add two cards together to find the larger # or play go fish!
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Play dough activities – Strengthening the hand muscles is one of the best ways to gain control for fine motor activities, so here are some more suggestions.

Roll out mini meatballs, strings of spaghetti, pancakes, snails, pinch spikes into a dinosaur back.	Make letters by cutting them out with a plastic knife, making a pancake and writing the letters, or by rolling out the dough into line to make a letter.	Make long rolls of play dough and cut them into smaller pieces.	Hide beads, pennies, small toys (ie. hatchimals) in the play dough and then find them.	Make a maze for a ping pong ball or pom pom. Blow the ball through the maze with a straw.
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Life skills – For students who struggle with independence these are great activities to foster this.

Work on shoe tying!	Work with your child on their phone number, address, and full name.	Do all dressing by themselves, buttoning pants, zipping up their coat, putting on their own shoes.	Open and close different containers, lids, and packages.	Help with laundry, younger kids can fold socks and older kids can fold clothes, try putting clothes on the hanger.
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Writing – Things we are always looking for: proper pencil grip, letter height (short, tall and descending letters), letter formation and placement if writing on lined paper.

Make lists: groceries, meal ideas, favorite toys, places you want to travel too, things you are good at, things you like to do.	Create a story together. You write a line then your child writes a line.	Mad libs – these can be printed off the computer or just brought up on your phone, computer, or tablet and completed on paper.	Sidewalk chalk! Make a picture and label it. (If the weather isn't good enough get a blank piece of paper)	Keep a daily journal, write about your favorite part of the day.
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Writing (with younger students) – Encouraging proper formation and talk about sizing (short, tall, and descending letters).

Use Q-tips dipped in paint to write letters and numbers on a piece of paper.	Create letters and numbers out of play dough.	Put shaving cream on the table top and write your numbers and letters in the shaving cream	Put rice or sugar on a cookie sheet and write your letters in the rice or sugar. (You can also look up how to make colored rice or sugar!)	Go outside and write letters in the dirt, use your finger, a stick, or a rock.
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Ball skills – Bilateral coordination, crossing midline, and gross motor skills are important too!

Play catch with a small, medium, and large ball, from varying distances.	Play catch independently, use light objects such as handkerchiefs and pom poms or heavier objects such as a tennis ball	Dribbling, use one hand at a time, use both hands alternating, again try different size balls with this activity.	If you get really good at throwing handkerchiefs in the air try juggling! Start with one then two then three!	Make a paper target and throw your ball at the target, start from a shorter distance and get farther away.
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Sensory – Keeping our bodies in a good state of regulation is always important, calming and alerting activities are listed here.

Grab a blanket or sheet, wrap up into a burrito and quickly get spun out of the blanket or sheet.	Go outside! Spin on the swings, climb the monkey bars (or climb a tree), play hopscotch, practice skipping, or jump rope.	Make stress balls out of balloons and calm down jars. Make slime, oobleck or cloud dough.	Jump jump jump. Jump on trampolines, put couch cushions on the ground to jump on, lay blankets in lines and jump between them.	Walk like an animal! Crab walk, bear walk, slither like a snake, donkey kicks, frog hops, kangaroo jumps.
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Worksheets – There are tons of fun activities that can be easily searched on the computer and printed if you have the ability!

Color! This is a classic activity that kids love and is so good for them.	Dot to dot activities, with both numbers and letters.	Mazes, any type and size would be great.	Drawings – start with basic shapes and build up to step by step drawings	Cutting – get crafty!
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