

Daily Fine Motor & Visual Motor Activity Chart for SCHOOL CLOSING



Daily Fine Motor and Visual Motor Calendar				
Complete one activity a day with your child. If you don't have the items at home, skip the activity or repeat a different activity. Cross off each activity once you complete the activity.				
<p>Play paper basketball Crumple up scrap paper (ie: newspaper, construction paper, wrapping paper) to make balls. Set up a "basketball hoop" by using empty non-breakable bowls, empty boxes or bins.</p>	<p>Beads Use cheerios, fruit loops, pasta, beads, or even toilet paper rolls to bead onto string/ pipe cleaners / straws. Have your child sort the beads into colors or patterns on different strings to make a rainbow.</p>	<p>Scissor practice Have your child use scissors to practice cutting different materials. Supervise and be creative! Children can cut paper, ribbons, coupons, yarn, cardboard, construction paper, index cards or newspaper.</p>	<p>Playdough faces Use playdough to make faces with different emotions (happy, sad, mad etc). Practice rolling playdough into a long snake to make a mouth, and small balls to make eyes.</p>	<p>Q-tip painting Use q-tips to paint! Model for your child different shapes / objects (ie: circle, square, smiley face, lines, house) and have your child imitate. Let your child make their own picture, too! If you don't have q-tips, use markers or crayons.</p>
<p>Freeze dance Play music, and dance. Pause the music to have children freeze and hold their position for 5-10 seconds.</p>	<p>Rescue stuff animals Tie a long string around a stuff animal, make the string long enough so that it goes the length of a table and animal lays on the floor. Children will sit on the other side of the table and use the rope to pull the stuff animal up onto the table and into their hands.</p>	<p>Household help Teach your child about chores. Have your child help you wash or dry non-breakable dishes, sweep, put laundry in the washing machine, wipe down a table or other activities.</p>	<p>Rip paper Have your child rip paper (ie: construction paper, coupons, magazines, etc). Once the paper is ripped, children can glue down these pieces to make their own artwork.</p>	<p>Recycled painting fun Find different recycled things your child can paint with: empty toilet paper tube, dried pasta, yarn, water bottle, twist caps off of a water bottle, plastic silverware or other recycled materials. Have your child paint with these items. If you do not have paint, have your child draw or color with markers or crayons on different types of paper.</p>
<p>Recycled building fun Have children build buildings or anything they can imagine! Have your child use anything you have laying around such as cardboard, empty boxes or containers (cereal, packing boxes), toilet or paper towel rolls, paper etc. If you want, have your child use tape to try to keep their building together.</p>	<p>Simon says Play "Simon says". The parent will call out an action, example: "Simon says: put your hands on your head". The child does it. When you give an example that doesn't begin with "Simon Says", example "Stand on one foot", your child must not do it. Switch and have your child be the caller. Actions can include: jumping, touching head/ shoulder, knees, toes, turning around, clapping, etc.</p>	<p>Tiny tray fun Find a clean empty muffin tin, cupcake tin, or ice cube tray. (If you don't have this, you can line up small cups or egg cartons) Have children use tweezers or spoon to place small objects (ie: mini erasers, pom poms, beads, pasta, beans) into each of the parts of the pan. If this is too difficult, have children use their fingers to grasp the small objects.</p>	<p>Sticker name and shapes Write your child's name on a piece of paper (or have them write their name). Have your child use stickers to cover each letter to "write" their name with stickers. You can also make shapes and lines for your child to cover. If you don't have stickers, your child can use use buttons, pom poms, beans or pasta.</p>	<p>Rubber band games Have your child place rubber bands around a water bottle or canned food item. Your child can also take off the rubber bands. You can also place rubber bands around plastic toys (ie: animals) and have children take off the rubber bands to "rescue" the animals.</p>

Elizabeth Rizki Kasat, OTD, OTR/L © 2020 Empowering OT <https://www.teacherspayteachers.com/Store/EmpoweringOT&D=R>

FREEBIE!

Directions

Many parents, therapists, and teachers are feeling overwhelmed with school closings. I wanted to give back by making you a fine motor / visual motor chart for daily activities that use common household items. You can print and give to parents to use with their students while they are on school closing. This is primarily aimed at younger children (preschool / early elementary) or children who are at this developmental level.

What's included:

Page 3: Cover page (print or do not print)

Page 4: Chart with directions to cross off each activity after completion

Page 5: SAME Chart but with directions to have your child circle that they liked the activity 😊 or did not like the activity ☹️

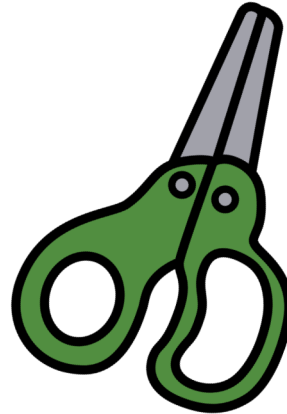
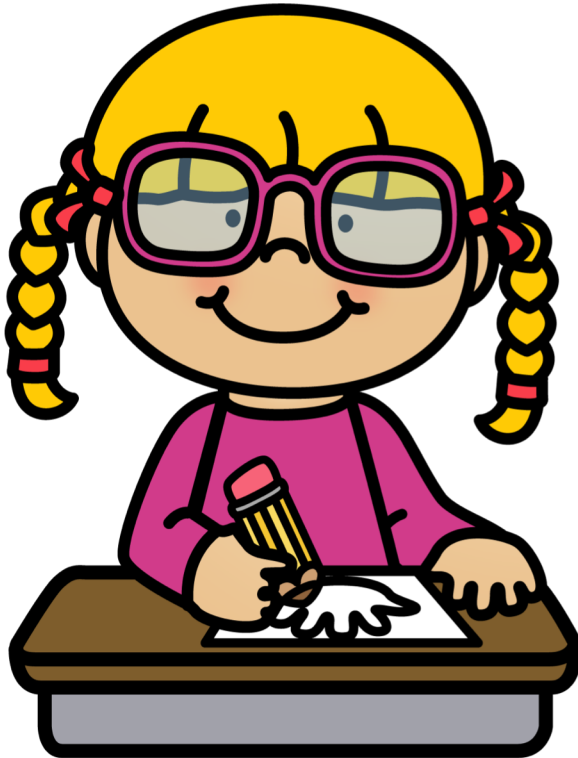
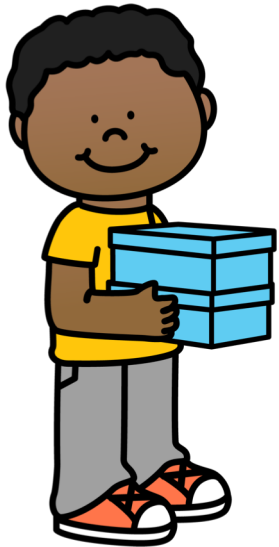
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Cross off each activity when complete.

Play paper basketball

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Beads

Use cheerios, fruit loops, pasta, beads, or even toilet paper rolls to bead onto string/ pipe cleaners / straws. Have your child sort the beads into colors or patterns on different strings.

Scissor practice

Have your child use scissors to practice cutting different materials. Supervise and be creative! Children can cut paper, ribbons, coupons, yarn, cardboard, construction paper, index cards or newspaper.

Playdough faces

Use playdough to make faces with different emotions (happy, sad, mad etc). Practice rolling playdough into a long snake to make a mouth, and small balls to make eyes.

Q-tip painting

Use q-tips to paint! Model for your child different shapes / objects (ie: circle, square, smiley face, lines, house) and have your child imitate. Let your child make their own picture, too! If you don't have q-tips, use markers or crayons.

Freeze dance

Play music, and dance. Pause the music to have children freeze and hold their position for 5-10 seconds.

Rescue stuff animals

Tie a long string around a stuff animal, make the string long enough so that it goes the length of a table and animal lays on the floor. Children will sit on the other side of the table and use the rope to pull the stuff animal up onto the table and into their hands.

Household help

Teach your child about chores. Have your child help you wash or dry non-breakable dishes, sweep, put laundry in the washing machine, wipe down a table or other activities.

Rip paper

Have your child rip paper (ie: construction paper, coupons, magazines, etc). Once the paper is ripped, children can glue down these pieces to make their own artwork.

Recycled painting fun

Find different recycled things your child can paint with: empty toilet paper tube, dried pasta, yarn, water bottle, twist caps off of a water bottle, plastic silverware or other recycled materials. Have your child paint with these items. If you do not have paint, have your child draw or color with markers or crayons on different types of paper.

Recycled building fun

Have children build buildings or anything they can imagine! Have your child use anything you have laying around such as cardboard, empty boxes or containers (cereal, packing boxes), toilet or paper towel rolls, paper etc. If you want, have your child use tape to try to keep their building together.

Simon says

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Tiny tray fun

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Write your child's name on a piece of paper (or have them write their name). Have your child use stickers to cover each letter to "write" their name with stickers. You can also make shapes and lines for your child to cover. If you don't have stickers, your child can use buttons, pom poms, beans or pasta.

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Have your child place rubber bands around a water bottle or canned food item. Your child can also take off the rubber bands. You can also place rubber bands around plastic toys (ie: animals) and have children take off the rubber bands to "rescue" the animals.

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Thank you

The Itty Bitty Teacher



Whimsy Clips



Zip-A-Dee-Doo-Dah
Designs



Teacher's Toolkit Design

