

## **PRESCHOOL OCCUPATIONAL THERAPY ACTIVITIES**

- ◆ Play-doh (squeeze/pinch/pull for hand strengthening, use play scissors for cutting, roll and make letters and shapes)
- ◆ Sensory Play (fill a small container with rice/beans/sand/etc. and have your child scoop and pour, find small items, fill smaller containers, such as ice trays - this is a calming activity as well as fine motor!)
- ◆ Clothespins (use clothespins to improve hand/grip strength. You can mark them with colors, shapes and letters for matching to a card or object; make sure they are working with their thumb up!)
- ◆ Manipulatives (stringing beads, building with blocks/stacking and matching models, puzzles)
- ◆ Tool Use (use tweezers or tongs - small set if you have them - to have your child pick up items such as cotton balls or small toys and transfer them to a basket across the room for a game)
- ◆ Prewriting (color with your child, use different materials to work. Let your child scribble independently. Occasionally make lines, or shapes and letters if they are ready, for them to copy. You can also do prewriting on a tray of shaving cream, flour, or sand for extra fun!).
- ◆ Cutting (please supervise cutting activities! Use safety scissors to allow your child to explore with cutting. Cutting activities do not have to be fancy. Children love to cut and make confetti! Let your child explore and learn how to engage scissors and to hold and position materials independently. Start with small pieces of paper!)
- ◆ Limit Technology (make sure your children are working with their hands to play and create things)

