

Home Activities to Promote Fine Motor, Sensory Motor, and Executive Functioning Skills

- Toddler – Preschool
- Early Elementary
- Elementary
- Middle School & High School



BIG BLUE CANOPY
PEDIATRIC GYM & THERAPY SERVICES



Toddler – Preschool

Click within each box to see the activity on Amazon

Puzzle Hunt Sensory Bin

Sensory Play
Visual Motor
Fine Motor



Items Required: Puzzle, plastic container with lid, and uncooked rice.

Idea: Place uncooked rice into container and hide puzzle pieces. Have your child search for pieces and put puzzle together.

Works on: Time, color, number, & shape identification.

Matching Eggs

Executive Functioning
Fine Motor
Bilateral Coordination



Idea: Place matches on separate ends of the room and create an obstacle course between them for extra sensory motor play!

Works on: Matching, color & shape identification.

Sensory Pathway



Sensory Motor
Body Awareness
Executive Functioning

Idea: Change up the pattern; roll a dice to determine how many “jumps” your child should complete.

Works on: Gross motor strengthening, attention, & body awareness.

Play-Doh

Fine Motor
Sensory Play
Bilateral Coordination



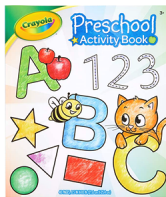
Idea: Work on scissor skills by rolling “worms” and cutting into pieces.

Idea: Use thumb, index, & middle finger to roll small “eggs”. Create a “nest” and use tongs to carefully place eggs into nest.

Works on: Color & animal identification, upper body strengthening, & in-hand manipulation.

Coloring/Activity Book

Fine Motor
Executive Functioning
Pre-Writing Skills



Idea: Work on pencil/crayon grasp during this time.

Works on: Following directions, & color, shape, number, & letter identification.

Lucky Ducks Memory Game

Visual Motor
Executive Functioning
Fine Motor



Idea: Make your child use their non-dominant hand to pick up ducks.

Works on: Memory, color/shape matching, turn-taking, & following directions.

Early Elementary

Click within each box to see the activity on Amazon



Zingo! Sight Words

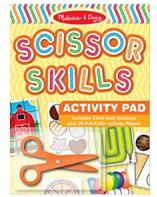
Fine Motor
Executive Functioning
Hand-Eye Coordination

Idea: Work on turn taking while playing to further strengthen executive functioning skills.

Works on: Sight words, attention, focusing on & completing task.

Scissor Skills Activity Pad

Bilateral Coordination
Executive Functioning
Fine Motor



Idea: Focus on your child keeping their thumb up when holding the scissors for proper grasp (There are lots of songs online to encourage this).

Idea: Make sure child uses their "helper" hand to stabilize the paper.

Works on: Scissor skills, visual perception, sequencing, & following directions.

Balance Stepping Stones

Body Awareness
Sensory Motor
Executive Functioning



Idea: Create your own rules; have your child only step on medium sized shells.

Idea: Design your own patterns to walk across the room/hallway.

Works on: Turn taking, balance, coordination & following directions.



Lacing Cards

Bilateral Coordination
Fine Motor
Executive Functioning

Works on: Color matching, hand-eye coordination, & sequencing.

See & Spell Puzzle



Executive Functioning
Visual Motor
Fine Motor

Idea: After completing the puzzle, have your child write a sentence with the word in it.

Works on: Recognition of sight words, attention, & hand-eye coordination.

Li'l Gen Water Beads

Sensory Play
Fine Motor
Hand-Eye Coordination



Idea: Using the tweezers, have your child sort beads into piles according to color.

Idea: Using only index finger & thumb, have your child squeeze 10 beads until they pop.

Works on: Color identification, grasp, & scissor skills (scoops).

Elementary

Click within each box to see the activity on Amazon

Magnetic Building Tiles

Fine Motor
Executive Functioning
Visual Perception



Idea: Use the internet to find fun and more challenging structures for your child to build.

Works on: Attention, hand-eye coordination, & following directions.

The Floor is Lava

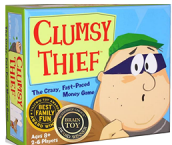
Executive Functioning
Body Awareness
Sensory Motor



Idea: Create your own patterns and rules; assign each player one color of mats they can jump on or use only one foot to hop on each mat.

Works on: Following directions, turn taking, coordination, & balance.

Clumsy Thief Board Game



Executive Functioning
Fine Motor
Bilateral Coordination

Idea: Use the cards to work on writing; set out 2 cards and have your child write a math problem using the numbers on the cards.

Works on: Attention, turn taking, & addition/math skills.

Discovery Putty

Fine Motor
Emotional Regulation
Sensory Play



Idea: After finding each piece, ask your child about a time they felt the emotion shown on the piece. If it's a negative emotion, ask about ways in which they can regulate that emotion (i.e. taking deep breaths, taking a break, etc.).

Works on: Visual perception & identifying emotions.

Aquabeads

Fine Motor
Visual Motor
Sequencing



Idea: Research additional designs on the internet for more complex objects.

Idea: Create 3D objects with the Aquabeads (also sold on Amazon and additional tutorials are online).

Works on: Following directions, hand-eye coordination, & grasp (Aquabead pen).

Suspend Game

Hand-Eye Coordination
Fine Motor
Body Awareness



Idea: Challenge your child to only use their nondominant hand while playing the game.

Works on: Attention, turn-taking, & following directions.

Middle School & High School

Click within each box to see the activity on Amazon



Operation

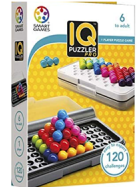
Fine Motor
Executive Functioning
Hand-Eye Coordination

Idea: Challenge your child to use their nondominant hand while getting pieces with the tweezers.

Works on: Turn taking/peer engagement, following directions, & motor planning.

IQ Puzzler Pro

Visual Motor
Executive Functioning
Fine Motor



Idea: Have your child begin with the beginner cards and work their way up to the most difficult challenges.

Works on: Hand-eye coordination, critical thinking skills, task initiation & termination.

Balance Board

Sensory Motor
Body Awareness
Bilateral Coordination



Idea: Work upper and lower body; complete push-ups using the balance board or stand with both feet on the board.

Idea: Use the board while watching TV or playing a game.

Works on: Upper and lower body strengthening, & motor planning.



Origami

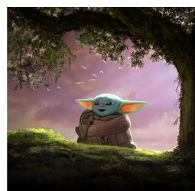
Fine Motor
Executive Functioning
Hand-Eye Coordination

Idea: After mastering the beginner's book, search for more challenging objects for your child to create.

Works on: Bimanual skills, visual motor, & sequencing.

Paint by Number

Fine Motor
Visual Motor
Executive Functioning



Idea: Research Paint by Number kits that include pictures of things your child is interested in (i.e. favorite animal, TV character, etc.).

Works on: Following directions,

Baking Activity Kit

Fine Motor
Executive Functioning
Sensory Motor



Idea: Use the link provided in the kit to watch a video tutorial on the steps of baking.

Idea: Allow your child to find a recipe online and bake something they enjoy (i.e. cookies, brownies, etc.).

Works on: Upper and lower body strengthening, & motor planning.



Additional Resources

Free Apps for iOS and Android

- **GoNoodle** – Sensory Motor & Heavy Work
- **Cosmic Kids** – Yoga & Relaxation
- **Little Writer**– Handwriting: Letters, Numbers, & Shapes
- **Pocket Pond** - Sensory Play & Visual Motor
- **Broom, Broom** – Fine Motor & Visual Motor
- **Study Bunny** - Executive Functioning
- **Breathe, Think, Do with Sesame** – Self Regulation

Parent Resources

<https://www.theottoolbox.com/parent-toolbox/>

<https://www.yourkidsot.com/>

<https://www.aota.org/About-Occupational-Therapy/Patients-Clients/Caregivers/child.aspx>

<https://www.aota.org/Practice/Children-Youth/CY-Apps.aspx>

Therapy Products

<https://funandfunction.com/>

<https://therapyshoppe.com/parents-place>





Thank you!

Please reach out with any questions and/or for more ideas to promote your child's fine motor, sensory motor, and executive functioning skills at home!

Patty Wagner, OTR/L
Occupational Therapist
p.wagner@bigbluecanopy.com

Katy Illingworth, MOTR/L
Occupational Therapist
k.illingworth@bigbluecanopy.com

Abby Burton, MOT, OTR/L
Occupational Therapist
a.burton@bigbluecanopy.com

Big Blue Canopy Pediatric Gym & Therapy Services

Email: info@bigbluecanopy.com

Phone: (513) 880-6800

Where we are located: 11230 Cornell Park Dr.,
Cincinnati, OH 45242



BIG BLUE CANOPY
PEDIATRIC GYM & THERAPY SERVICES

