

Activities to Improve Fine Motor, Visual Motor & Visual Perceptual Skills at Home

Fine Motor

- Using a scissors to cut through playdoh or thick paper to increase hand strength
- Use a spray bottle to clean windows/ mirrors /clean off white board
- Picking up small objects with large plastic tweezers / zoo sticks
- Wind-up toys, spinning tops, doodle tops (spinning top with a marker on the end)
- Craft activities such as: stamping, using stencils, lacing shapes, cards, beads, Cheerios
- Use a inclined surface (e.g. 3-ring binder) under paper to promote better postural control
- Use a mechanical pencil to work on decreasing pressure while writing
- Games to strengthen fine motor skills include: Don't Spill the Beans; Kerplunk; Trouble; Pick Up Sticks; Tricky Fingers; Pictionary, Operation
- Building toys include: Legos; K'nex; Tinker Toys; Hexabits

Visual Motor

- Dot-to-Dots with numbers/letters
- Age appropriate maze books, have the child create their own maze on a white board, chalk board, or paper
- Pictionary
- Magna Doodle / Etch-a-Sketch
- Drawing shapes/letters/numbers in a tray of sand/salt/flour
- Geoboards
- Making letters/ numbers out of playdoh, clay, Wikki Sticks
- Using chalk on a chalkboard and writing letters on a vertical surface
- Use Wikki Sticks to add a tactile component to the lines on the paper (place a Wikki Stick over the line so the child's pencil bumps the stick, this will assist with improving letter alignment)
- Try various types of writing paper to see which best fits your child (e.g. top and bottom solid lines with a middle dotted line; raised line paper; Handwriting Without Tears paper; graph paper of varying sizes)
- Use a formal handwriting program such as: Handwriting Without Tears (www.hwtears.com) to learn a consistent approach to letter formation

Visual Perception

- Hidden picture games, worksheets, or books to find common objects, shapes, letters, or numbers (e.g. Where's Waldo. I Spy, Highlights)
- Puzzles (starting with inset pieces, moving on to interlocking pieces with piece outlines, and then more complex interlocking pieces)
- Games to strengthen Visual Perceptual skills include: Tangrams; Perfection; Matching Games; Memory; Battleship; Tricky Fingers; Guess Who; Othello; Lite Brite; Lego Creator; Balloon Lagoon (ages 5+); Cadoo (ages 7+); Blockus