

DCSS At-Home Occupational Therapy Activities and Resources

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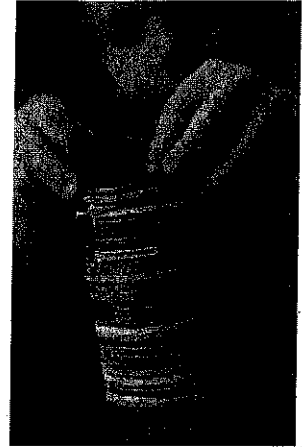
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Fine Motor Skills - Preschool

Skills that involve the small muscles in the hand/arm that control coordination and strength for small movements/manipulations made by the hand/fingers

The following are some activities you can do with your child to promote the development of fine motor skills:

- Manipulating resistive materials
- Playing with silly Putty or Play-doh (can cut these materials with children's scissors or hide small objects in them, squishing, pinching, rolling, and squeezing playdoh)
- Squeezing water from a sponge/washcloth during bath time
- Squirt guns, squeeze bottles
- Pop bubble packing sheets
- Crumple pieces of paper (can use colored tissue paper and make a design with the crumpled pieces)
- Tearing paper into pieces
- Constructional toys (Duplos, blocks, large pop beads, etc.)
- Turn pages in magazine or book one at a time
- Wind-up toys
- Practice turning door handles
- Lite Bright or other toys with small pieces or pegs
- If child does not hold crayon properly, break into 1- 1.5" pieces or use small pieces of chalk
- Glue bottles, puffy paint, fabric paint, glitter glue in squeeze bottles
- Do activities on a vertical surface (paint or draw on easel, magnets on the refrigerator, etc.)
- Use crayons to color over rubbing plates
- Songs with hand actions (itsy bitsy spider, finger family, etc.)
- Place small stickers on paper
- Put poker chips in a slot
- Push pom-poms through a hole cut in a plastic container
- Place small erasers or pennies in an ice cube tray
- Paint pictures with a q-tip
- Wrap rubber bands around containers
- String beads on a shoelace or pipe cleaner

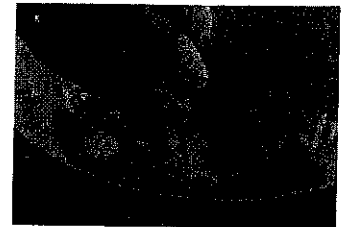
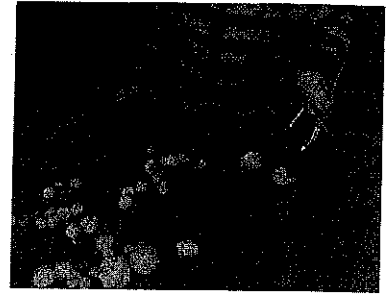


Fine Motor Skills – Elementary

Skills that involve the small muscles in the hand/arm that control coordination and strength for small movements/manipulations made by the hand/fingers.

The following are some activities you can do with your child to promote the development of fine motor skills:

- Manipulating resistive materials
- Playing with silly Putty or Play-doh (can cut these materials with children's scissors or hide small objects in them)
- Squeezing water from a sponge/washcloth during bath time
- Squeeze guns, squeeze bottles
- Allow child to hang laundry on a short clothesline with spring type clothespins
- Putting colored clothespins around a coffee can or other container (can use patterns)
- Pop bubble packing sheets
- Crumple pieces of paper (can use colored tissue paper and make a design with the crumpled pieces)
- Tearing paper into pieces
- Finger-play games (or opposing each finger to each other, walking fingers across the table, keeping time to music with each finger)
- Constructional toys (Legos, blocks, etc.)
- Play with rubber band- wrap around a soup can, geoboards, make a rubber band ball
- Empty a box of toothpicks, paperclip, screws, marbles, pennies, etc. and let child pick them up (can add counting or sorting with this activity)- can also use tweezers to pick up items
- Wind-up toys
- Screw nuts and bolts together
- Try to snap fingers
- Light Bright or other toys with small pieces or pegs
- If child does not hold crayon properly, break into 1- 1.5" pieces or with long pencil- loop silly band around wrist and over end of pencil to hold pencil in web space.
- Put pennies in a piggy bank, place pennies heads up on table and then flip to tails
- Use a hole punch to make holes in paper
- Shuffle cards and sort them into piles
- Glue bottles, puffy paint, fabric paint, glitter glue in squeeze bottles
- Pop beads
- Clothespins, large tongs, tweezers to pick up small objects, snacks, or game pieces
- Paint with an eye dropper
- Line up dominos



- Spinning tops
- Play Jacks
- Opening small containers, jars, Ziploc bags, etc. to find treasures or snacks
- Finger puppets
- Cut a slit in a tennis ball – place your thumb and fingers on either side of the slit and use the tennis ball to ‘munch’ small objects like pom poms or pennies
- Stretchy creatures – Use your hands to stretch your animal friends to see how long they can grow
- Squirrelling activities – Pick up small items such as beads, dice, marbles, etc. one at time and store as many as your hand can hold. Then drop each item into a container one by one until your palm is empty.



The following websites can help you practice fine motor skills at home:

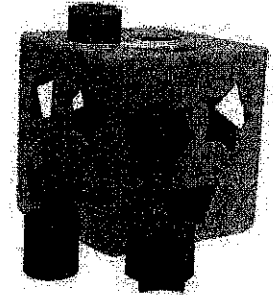
- <https://www.verywell.com/activities-to-improve-fine-motor-skills-620864>
- <http://prekinders.com/fine-motor-skills/>
- <http://www.pre-kpages.com/handwriting/>
- <http://www.livestrong.com/article/509854-how-to-improve-hand-strength-in-kids/>
- <http://www.livestrong.com/article/117446-handstrengthening-exercises-kids/>

Visual Perception - Preschool

Ability of the eyes and brain to work together to "perceive" or see and organize things in their brain

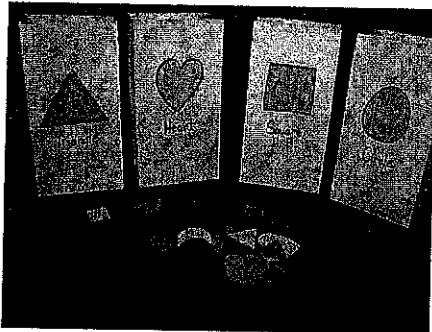
The following are some activities you can do with your child to promote the development of visual perceptual skills:

- "Mother May I" game – calling over by color of clothing they are wearing
- Sorting laundry, silverware
- Card games/ Board games Ex: Memory, Bingo, Connect Four, Tic Tac Toe
- Identify items around the house, while in the car, around town according to their properties (big items, red items, square shaped items, etc.)
- Play I-spy or other scanning games
- Sort box of different small objects
- Puzzles
- Group like items according to color, shape, purpose, etc.
- Shape sorters
- Copy simple block designs or Lego designs
- Simple crafts (found at Michaels or Hobby Lobby)
- Hidden pictures activities (Highlights magazine)



The following websites can help you practice visual perceptual skills at home:

- <http://www.ot-mom-learning-activities.com/visual-perception-activities.html>
- <http://therapyfunzone.net/blog/ot/visual-perceptual-skills/>
- <http://eyecanlearn.com/>
- <http://anotmom.weebly.com/visual-perceptual-activities.html>

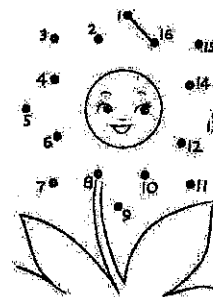


Visual Perception - Elementary

Ability of the eyes and brain to work together to "perceive" or see and organize things in their brain

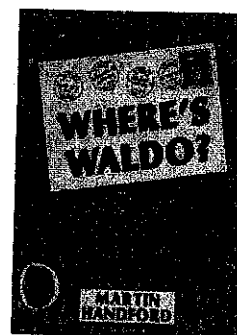
The following are some activities you can do with your child to promote the development of visual perceptual skills:

- "Mother May I" game – calling over by color of clothing they are wearing
- Sorting laundry, silverware
- Card games/ Board games Ex: Perfection, Blokus Jr., Battle Ship, Memory, Rush Hour, Pixy Cubes, Jenga, Uno
- Identify items around the house, while in the car, around town according to their properties
- Play I-spy or other scanning games
- Sort box of different small objects
- Cut a simple cartoon strip and have child put it back in order
- Puzzles
- Group like items according to color, shape, purpose, etc.
- Parquetry Puzzle Games, tangrams
- Simple crafts (found at Michael's or Hobby Lobby)
- I-spy or Where's Waldo books
- Crossword puzzles
- Hidden pictures worksheets
- Dot-to-dot worksheets
- Mazes
- Word searches
- Origami
- Geoboards
- Feely bag – ask the child to describe a shape or object or plastic letter by feeling it without looking, then describe it again when they can see it
- Back Drawing – use your finger to draw a shape, letter or number on the child's back. Have him guess what it is and write it down on a piece of paper in front of him



The following websites can help you practice visual perceptual skills at home:

- <http://www.ot-mom-learning-activities.com/visual-perception-activities.html>
- <http://therapyfunzone.net/blog/ot/visual-perceptual-skills/>
- <http://eyecanlearn.com/>
- <http://anotmom.weebly.com/visual-perceptual-activities.html>



Visual Motor Skills- Preschool

The ability to coordinate what we see with what we do...the eyes and hands working together

The following are some activities you can do with your child to promote the development of visual motor skills:

- Construction Toys- Duplos, Lincoln Logs, Tinker Toys
- Outline pictures in a magazine with Magic Marker
- Simple card games – go fish, Old maid
- Draw in sand, shaving cream, flour
- Draw around shapes/objects such as jar lids, bottle caps and cookie cutters
- Use paintbrush and water and “paint” on the concrete at home or at the pool/playground
- Dribbling different size balls
- Bean bag toss
- Pop bubbles with index finger
- Lacing cards
- String beads, cereal, pasta noodles, etc.
- Shovel/scoop materials (sand, beans, rice, etc.) into different size containers
- Balloon volleyball
- Sorting items, cards, etc.
- Toss items into a container (for example, ball up paper and throw into the trash can or roll up socks and throw into the laundry basket)
- Tracing shapes with finger on chalkboard or whiteboard



Visual Motor Skills - Elementary

The ability to coordinate what we see with what we do...the eyes and hands working together

The following are some activities you can do with your child to promote the development of visual motor skills:

- Copying/Tracing/Imitating of shapes/letters/numbers
- Mazes
- Dot-to-dot
- Color/paint by number activities
- Simple crafts such as loop potholders, string art/stringing beads, macramé
- Games- Dominoes, Marbles, Jacks
- Construction Toys- Legos, Lincoln Logs, Tinker Toys, K'nex
- Outline pictures in a magazine with Magic Marker
- Simple card games – go fish, Uno, Old Maid
- Cut out pictures or letters on dry food boxes (cereal, mac & cheese, kids snack packages)
- Write in sand, shaving cream, flour
- Cut out coupons
- Copy grocery list
- Draw around shapes/objects such as jar lids, bottle caps and cookie cutters
- Use paintbrush and water and “paint” on the concrete at home or at the pool/playground
- Dribbling different size balls, tossing basketball in a hoop
- Play tic tac toe or Hangman
- Bean bag toss
- Pop bubbles with index finger
- Lacing cards
- String beads, cereal, pasta noodles, etc.
- Shovel/scoop materials (sand, beans, rice, etc.) into different size containers
- Balloon volleyball
- Sorting items, cards, etc.
- Stencils
- Play computer games that require use of a mouse
- Play flashlight tag
- Folding activities, origami
- Hitting small nails or golf tees into foam/corkboard with a hammer
- Braiding or bracelet making activities
- Tracing activities
- Squirt-gun writing- works well outside, using the sidewalk in the summer or snow in the winter (with colored water). Have them use a squirt gun to "write" a letter or hit a target

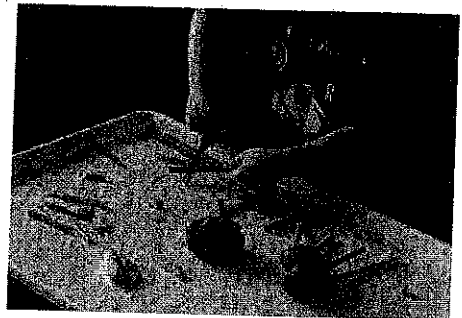


The following are some activities you can do with your child to promote the development of scissors skills:

Pre-scissors Skills

Hand and finger skills needed for controlling scissors (open/close movements, separation of hand sides, using two hands together)

- Use tongs, tweezers, and clothespins to pick up small items
- Use squirt guns, turkey basters, spray bottles, squirt toys, etc.
- Use hole punch to make confetti
- Finger movement songs like 'Twinkle, Twinkle' and 'Open, Shut Them'
- Tear paper
- Legos and pop beads
- Paper folding/origami activities
- Cut playdoh with plastic scissors



Scissors Skills

Ability to use scissors to snip, cut across paper, and cut along straight and curved lines

- Use loop or spring scissors at first
- Remind the child to keep their thumb up "Fingers in the bottom and thumb in the top, that's the way we chop, chop, chop!" or "Thumbs up to cut"
- Place a sticker on the thumb so child can see when their thumb is up
- Snip straws or small pieces of paper
- Make grass or fringe by snipping around paper
- Cut with thicker material such as poster board, sandpaper, foam, cardboard
- Highlight lines for cutting
- Glue popsicle sticks or yarn on paper and have the child cut between them
- Use hole punch to make a line of holes and have child cut through holes
- Cut spirals to practice curved lines
- Place stickers or stars on paper and ask child to cut from one to the next



The following websites can help you practice cutting skills at home:

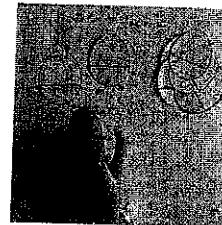
- <http://www.sensory-processing-disorder.com/scissor-practice.html>
- http://www.dltk-kids.com/crafts/miscellaneous/scissor_skills.htm
- <http://dotwa.org.au/wp-content/uploads/2011/08/36-Learning-to-Cut.pdf>
- <http://dotwa.org.au/wp-content/uploads/2012/10/37-Tips-for-Cutting.pdf>
- <http://www.pre-kpages.com/tips-for-teaching-scissor-cutting-skills/>

Bilateral Coordination

The ability to use both sides of the body simultaneously in a smooth movement as needed

The following are some activities you can do with your child to promote the development bilateral coordination:

- Ball catch – use different size balls
- Clapping patterns (pat-a-cake, Miss Mary Mack, etc.)
- Stringing cheerios or beads
- Folding simple laundry items (pillow cases, towels, washcloths)
- “Tearing” out pictures in a magazine to make a collage
- Baseball, softball, volleyball
- Simple yarn crafts – weaving, loom, latch hook, lacing
- Construction toys (legos, tinker toys, k’nex, etc.)
- Helping with food preparation (tearing lettuce, peeling carrots, stirring)
- Rhythm instruments, drumming
- Jumping jacks
- Rolling out play-doh or helping with real pie dough
- Washing non-breakable dishes as a chore
- Using alternating hand movements, have child crawl up the front of a slide holding onto both sides of the slide and pull self up to the top
- Swimming
- Make ‘snow angels’
- Jump rope
- Cutting activities
- Open/close plastic Easter eggs to find small toys or match colors
- Riding a tricycle or bicycle
- Shifting weight between two hands, such as when swinging between monkey bars or trapezes, or wheelbarrow walking, crab-walking, bear-walking, doing the “inchworm” (walk hands forward, then hands stay still and feet walk up to hands, repeat), etc.
- Make circles and shapes in front of body with streamers
- Wear a catcher's mitt or velcro mitt while playing catch; child has to catch with mitted hand, then transfer to other hand to throw or roll it back
- Fishing games where the child needs to pull the “fish” off the “line” with one hand while holding the line with the other hand.



The following websites can help you practice bilateral skills at home:

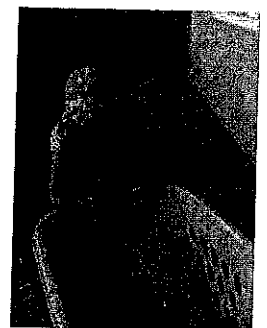
- <http://therapiststreetforkids.com/BilateralCoord.html>
- <http://www.ot-mom-learning-activities.com/bilateral-coordination.html>
- <http://www.theottoolbox.com/p/bilateral-coordination-activities.html>
- <http://www.developmental-delay.com/page.cfm/289>
- <http://yourtherapysource.blogspot.com/2012/12/10-bilateral-coordination-activities.html>

Upper Body and Core Strength/Stability

Muscles that control large movements of the arms and stability in the upper body area and trunk are needed for refined fine motor skills

The following are some activities you can do with your child to promote the development of upper body/core strength and stability:

- Wall or Knee push ups
- Pushing/pulling games/activities (tug of war, building with tools, climbing playground equipment)
- Swinging a bat, tennis racket
- Throwing a heavy ball
- Monkey bars (with supervision/assistance)
- Writing/Drawing in large movements – sidewalk chalk or on a chalkboard, dry erase board, paper taped to a wall, paint on an easel
- Pull ups
- Pushing self while laying on belly on a scooter or skateboard
- While laying on a large ball, on their belly, shift weight from feet to hands
- Playing any game or drawing while laying on the floor on their belly/on elbows
- Animal walks (bear, duck, snake, inchworm, crab, etc.)
- Climb up a slide
- Carry something heavy (books, laundry basket, groceries, etc.)
- Push/pull something weighted (laundry basket, shopping cart, wagon, etc.)
- Playa game in 'tall kneeling' (standing on your knees) – play catch, play video games
- Jumping rope
- Donkey kicks: in push-up position, keep both ankles together while jumping feet from right to left and back again
- Bubbles: pop the bubbles by clapping, or use a bat or racket to swing across mid-line and hit the bubbles (look out friends and siblings!). Hint: For added core strength, assume the crab-walk position and pop the bubbles by lifting/tapping them with your feet or toes.
- Play twister
- Take turns doing yoga poses



The following websites can help you improve strength/stability at home:

- <http://therapiststreetforkids.com/r-animalwalks.html>
- <http://therapiststreetforkids.com/UpperBody.html>
- <http://www.ot-mom-learning-activities.com/shoulder-exercises-for-kids.html>
- <http://theinspiredtreehouse.com/child-development-core-strengthening-for-kids/>
- <http://paperzip.co.uk/topics/misc/sport/yoga-for-kids>
- <http://speakfromtheheartup.blogspot.com/2012/05/yoga-for-kids-free-printables.html>

Motor Planning

The ability of the brain to understand, organize and perform unfamiliar actions...ability to follow a planned sequence of movements in a smooth coordinated manner

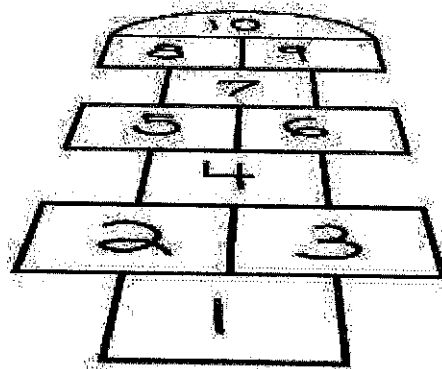
The following are some activities you can do with your child to promote the development of motor planning skills:

- Create obstacle courses for your child – have them go in, around, under, over, and through things
- Follow the leader
- Simon Says
- Musical Chairs
- Hokey Pokey
- Playing simple charades (animals, occupations)
- Jump rope games
- Craft activities that have multiple steps (color, cut, fold, paste)
- Try to make shapes, letters, and numbers with your bodies lying on the floor
- Animal walks
- Games that work on motor planning: Wiggle & Giggle, Twister, Hullabaloo, Don't Break the Ice
- Hopscotch
- Egg and spoon race



The following websites can help you practice motor planning at home:

- <http://therapyfunzone.net/blog/ot/apraxia-or-motor-planning/>
- <http://therapyfunzone.net/blog/motor-planning-made-easy/>
- <https://www.toolstogrowot.com/therapy-resources/gross-motor/motor-planning-games>
- <http://abbypediatricot.blogspot.com/2013/08/games-that-help-develop-motor-planning.html>
- <http://www.theottoolbox.com/2015/10/what-is-motor-planning-fine-motor.html>



Keyboarding

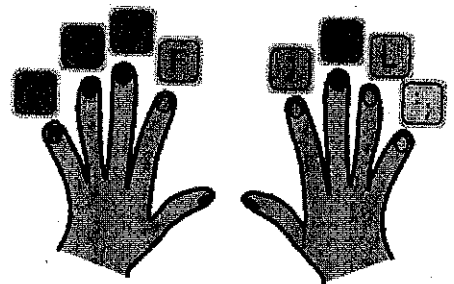
Keyboarding requires several foundational skills: hand strength, finger isolation, bilateral skills, postural control, visual motor skills, and visual perceptual skills

The following are some activities you can do with your child to promote the development of keyboarding skills:

- Hand strengthening: use playdoh, clothespins, small containers, tearing paper, wind-up toys, pop bubble wrap
- Finger isolation: finger puppets, piano/keyboard play, finger paint, hand movement songs (Finger Family, Where is Thumbkin), trace letters/shapes with finger
- Bilateral skills: clapping games, stringing beads, construction toys, folding activities
- Postural control: yoga poses, animal walks, write/draw on an easel
- Visual motor skills: mazes, dot to dot, basketball/toss games, tracing activities
- Visual perceptual skills: puzzles, card games, sorting activities

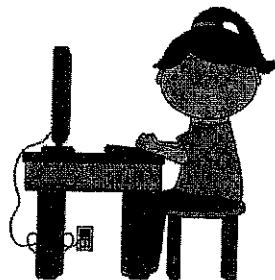
The following websites provide typing practice games at home:

- Dance mat typing: <http://www.bbc.co.uk/schools/typing>
- Power typing: <http://www.powertyping.com>
- Typing web: <http://www.typingweb.com>
- Sense-lang.org: <http://www.sense-lang.org/>
- Typing.com: <https://www.typing.com/typinggames>
- http://www.abcya.com/cup_stack_typing_game.htm
- <http://www.abcya.com/keyboard.htm>
- <http://www.gamequarium.com/keyboarding.htm>



The following websites can help you practice typing skills at home:

- <http://www.missjaimeot.com/keyboarding-ages-and-stages/>
- <http://therapyfunzone.net/blog/fine-motor-skills-typing/>
- <http://mamaot.com/keyboarding-modifications-help-kids-type-better/>
- <http://www.growinghandsonkids.com/activities-to-help-children-learn-to-type.html>



Handwriting

The following are some activities you can do with your child to practice handwriting skills:

- Write on a Dry erase board
- Write on a Chalk board
- Put large paper on the floor and use markers for something different to write on
- Use different writing utensils and let the child choose what to use for each activity
- Tape paper/worksheet/activity on an easel
- Put shaving cream out on the table and let child "write" in the shaving cream with a finger, pencil, or other writing utensil
- Write with finger paint using your finger as the writing utensil
- Write letters, numbers, lines, etc. in yellow highlighter for the child to then trace over
- Use dry erase markers on laminated papers that can be reused for practice
- Use sidewalk chalk outside
- Use white chalk on dark colored paper
- Write on a mirror or glass with lipstick, washable paint, crayons
- Crossword puzzles
- Leave notes for other family members or write letters/postcards to relatives
- Keep a journal and have the child write down what they did that day
- Play hangman
- Mad libs
- Write short stories or comics

The following websites can help you practice handwriting skills at home:

- <http://www.hwtears.com/gss/parents/the-home-connection>
- <http://donnayoung.org/penmanship/redines.htm>
- http://donnayoung.org/penmanship/k_1.htm
- <http://donnayoung.org/penmanship/manuscript-practice.htm>
- <http://donnayoung.org/penmanship/tips.htm>
- <http://donnayoung.org/penmanship/targeted.htm>
- <http://donnayoung.org/penmanship/manuscript-animations.htm>
- http://www.kidzone.ws/prek_wrksht/dynamic.htm
- <http://therapyfunzone.net/blog/ot/fine-motor-skills/handwriting/>
- <https://www.handwritingworksheets.com/>
- <https://www.worksheetworks.com/english/writing/handwriting.html>



VS.
Movement Activities

Bouncing up and down on a therapy ball

Swinging or spinning in a rotary motion (i.e. tire swing)

Trampoline

Sit n' Spin

Jumping Jacks

Marching

Running sports

Dancing

Hippity hop ball

Hopscotch

Sliding

Rollercoasters

Walking on uneven surfaces

Somersaults

Magic Carpet- drag child on floor on a blanket using jerky motions (i.e. side to side)

Monkey Bars

Linear swinging (i.e. playground swing)

Climbing equipment (i.e. rock wall, ladders)

Tug-of-War

Rearranging furniture (i.e. lifting chairs on/off the desk)

Building a fort out of pillows

Heavy work (i.e. carrying a stack of heavy books, carrying heavy backpack)

Wheelbarrow walks (walking on hands while someone else holds feet)

Animal walks (crawling like a crab or walking like a bear, frog jumps)

Having child jump into a pile of heavy pillows and blankets

Sports: swimming, gymnastics, karate, wrestling

Household work (i.e. wiping tables, sweeping, mopping, carrying laundry basket)

Push ups

for kids of all ages

1. Playing with rhythm scarves
2. Playing with blocks (stacking)
3. Dancing to music
4. Using a washcloth to bathe
5. Dusting or sweeping the house
6. Playing patty-cake
7. Playing with cars on a large path
8. Playing flashlight tag
9. Washing the car
10. Painting with a large paint roll
11. Cross crawls (touching hand to opposite foot or knee)
12. Wipe off the table with a towel or washcloth using one hand
13. Stepping with out to throw a water balloon
14. Draw a large, horizontal figure 8 on a chalk board or sidewalk
15. Squirt/water gun target practice
16. Water flowers with a garden hose using both hands
17. Ball pass relay races
18. Bean bag toss while sitting criss cross applesauce
19. Playing tennis
20. Playing a game of simon says



Copy Your

Letters

A	B	C	D	E	F	G	H	I	J

Includes 4 different adapted ways to have students copy their uppercase and lowercase letters!

Name: _____

Copy Your Letters

Date _____

A	B	C	D	E	F	G	H	I	

J	K	L	M	N	O	P	Q	R	

S	T	U	V	W	X	Y	Z		

Name: _____ Date _____

Copy Your Letters

d	b	c	d	e	f	g	h	i

j	k	l	m	n	o	p	q	r

s	t	u	v	w	x	y	z

Name: _____ Trace & Copy Your Letters Date _____

A		a	
B		b	
C		c	
D		d	
E		e	
F		f	
G		g	
H		h	
I		i	

S	
T	
U	
V	
W	
X	
Y	
Z	

Trace & Copy Your Letters

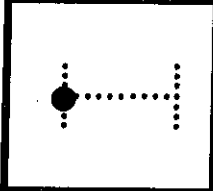
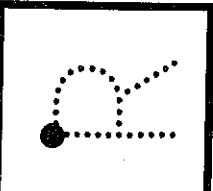
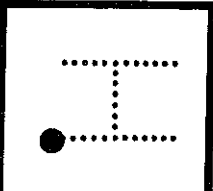
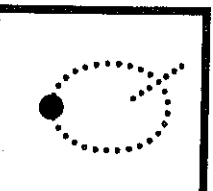
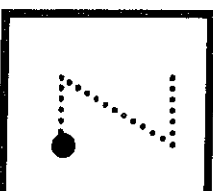
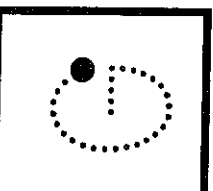
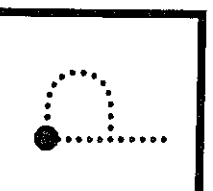
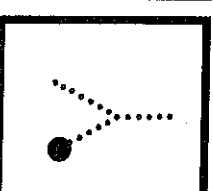
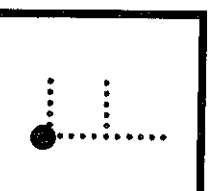
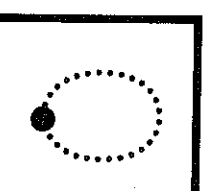
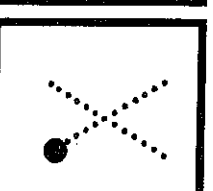
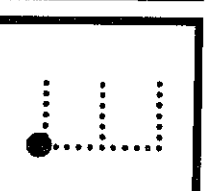
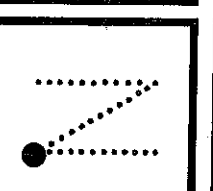
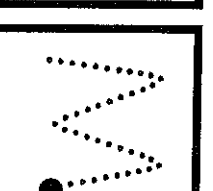
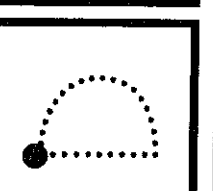
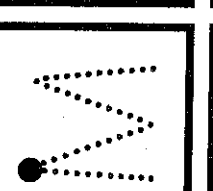
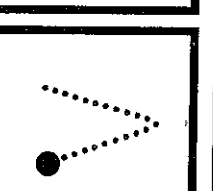
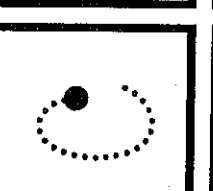
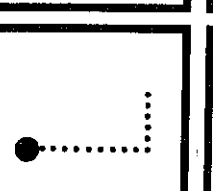
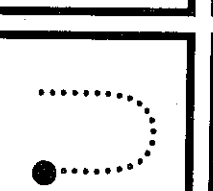
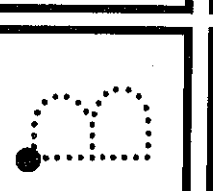
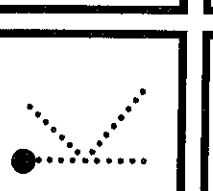
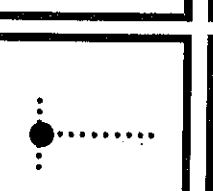
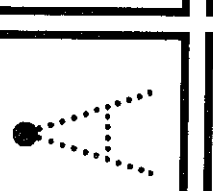
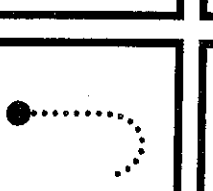
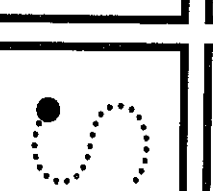
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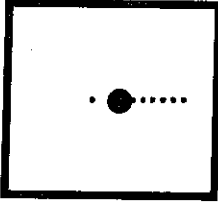
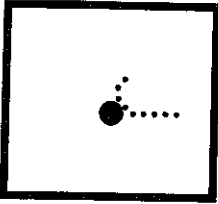
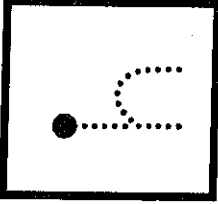
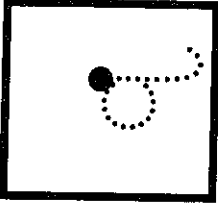
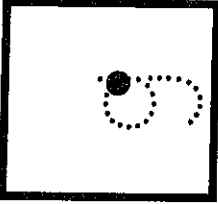
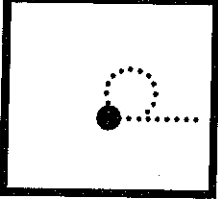
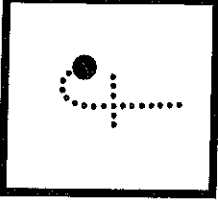
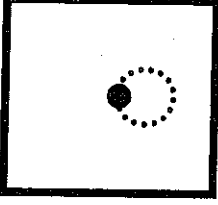
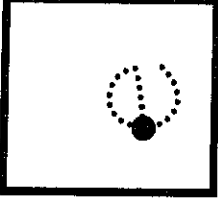
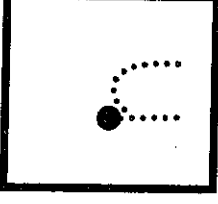
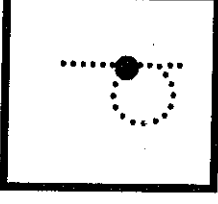
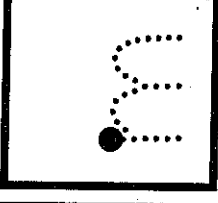
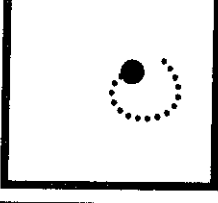
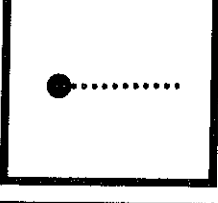
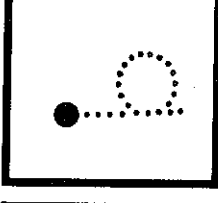
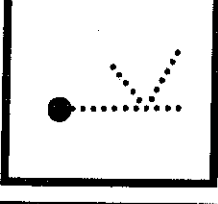
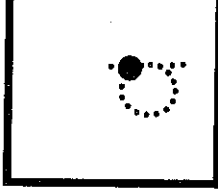
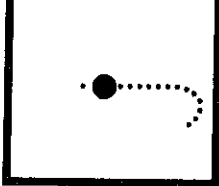
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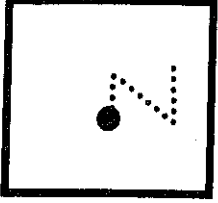
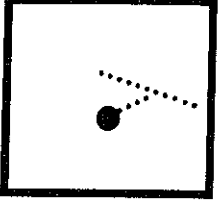
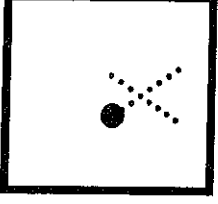
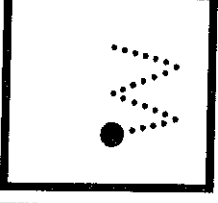
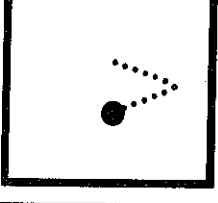
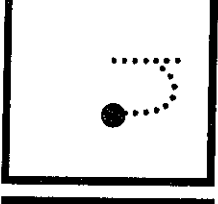
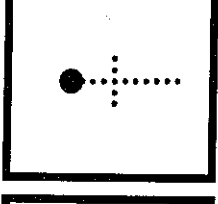

Name: _____ Trace & Copy Your Letters Date _____

Trace & Copy Your Letters Date

Name: _____

Name: _____

Copy Your Letters

Date _____

A B C D E F G H I

Blank handwriting practice boxes for letters A through I.

J K L M N O P Q R

Blank handwriting practice boxes for letters J through R.

S T U V W X Y Z

Blank handwriting practice boxes for letters S through Z.

Name: _____

Copy Your Letters

Date _____

d	b	c	d	e	f	g	h	i

j	k	l	m	n	o	p	q	r

s	t	u	v	w	x	y	z

COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

LEVEL 1 WORKBOOK

This workbook can be used in many different ways, striving to address visual motor skills needed for functional tasks like handwriting (among others).

How to use this workbook:

There are several ways to use this workbook. Print off the pages and use them again and again. You'll notice a space to write a name and the date on each page. Use this workbook to collect data on an individual's visual motor skill progression. Ask students to copy one or more shapes and slide the page into their folder. Then, re-test again after a few months of interventions.

How to extend this workbook to meet various levels of needs:

- Trace the top shape with a crayon or highlighter. Then draw the same shape on at the bottom of this page.
- To increase difficulty, cut the page in half and place the top part of the page further away, on a vertical plane, or across the room on a vertical surface. (For example, you can tape it to a wall across the room.)
- Tape the top part of the page on the wall Ask students to lay in prone on a therapy ball and copy the shape onto paper on the floor.
- To decrease difficulty, copy the shape in highlighter and ask students to trace over the highlighted portion.
- Use Wikki Stix, pipe cleaners, cut pieces of straws, or string to copy the shapes.
- Use fingerpaints to copy the shapes.
- Form the shape with rolls of play dough.

COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



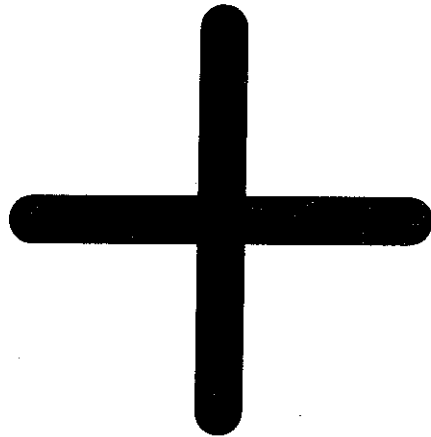
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



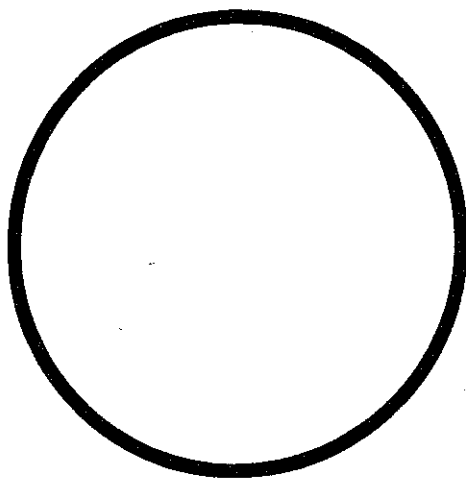
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



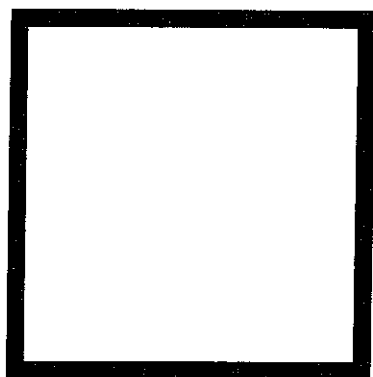
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



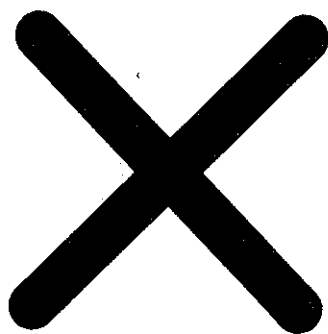
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



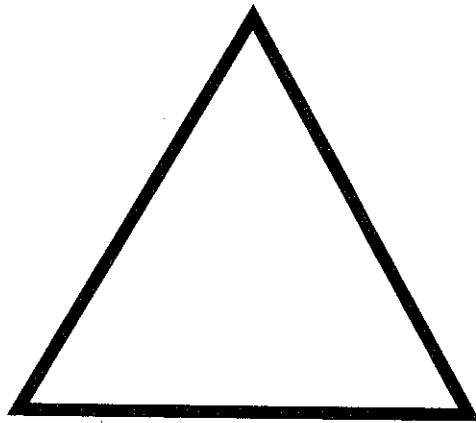
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



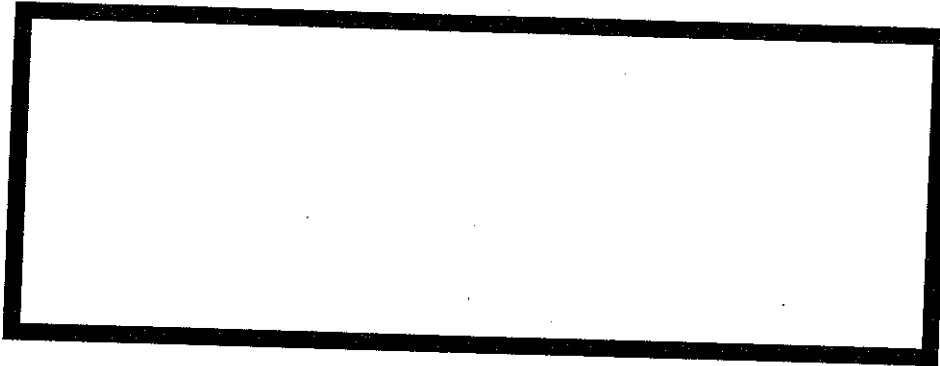
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

NAME: _____

DATE: _____

NOTES: _____



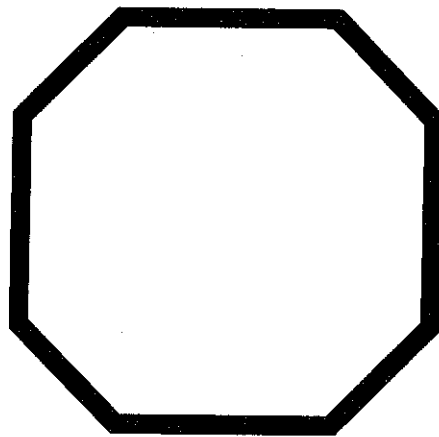
COPY THE SHAPE!

A FUN VISUAL MOTOR EXERCISE

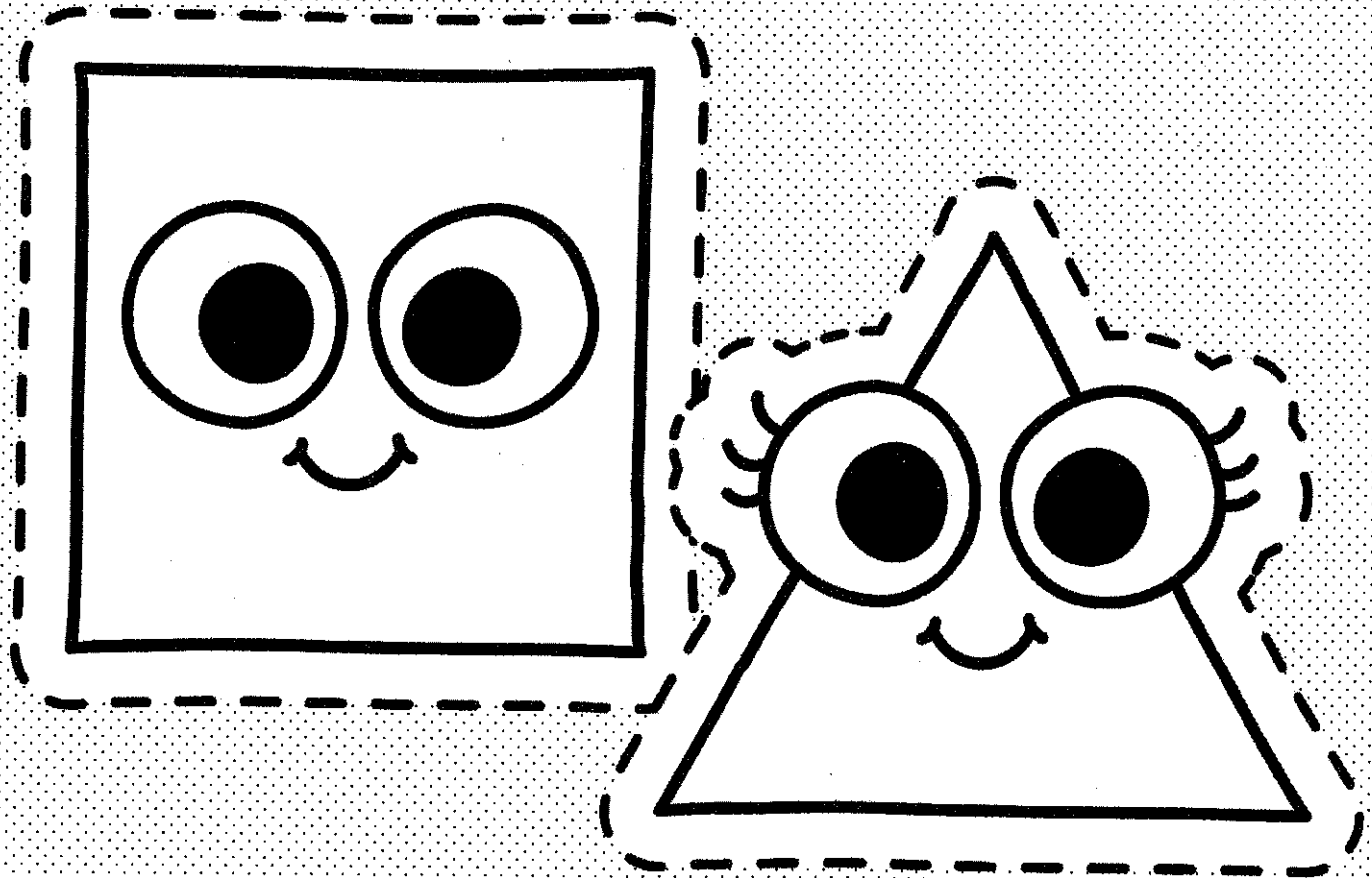
NAME: _____

DATE: _____

NOTES: _____



**DOODLE
SHAPES
TRACE, COLOR, & CUT**

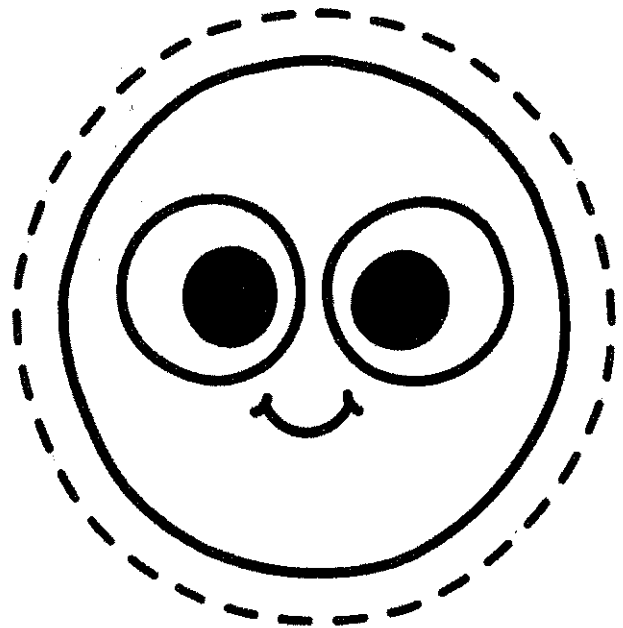
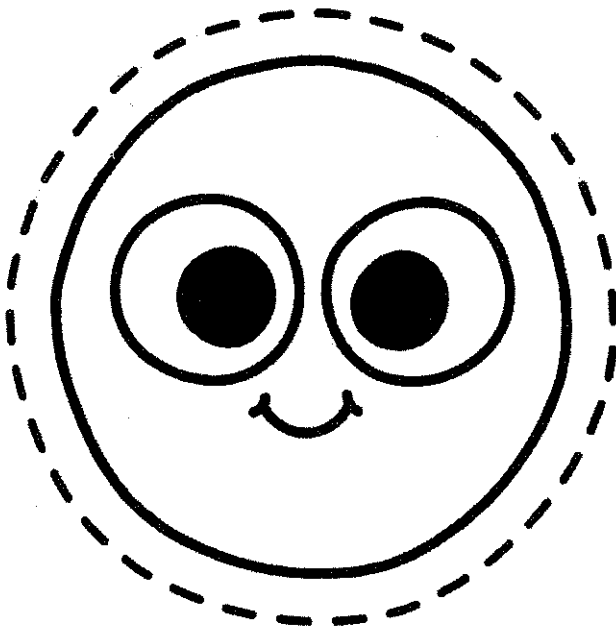
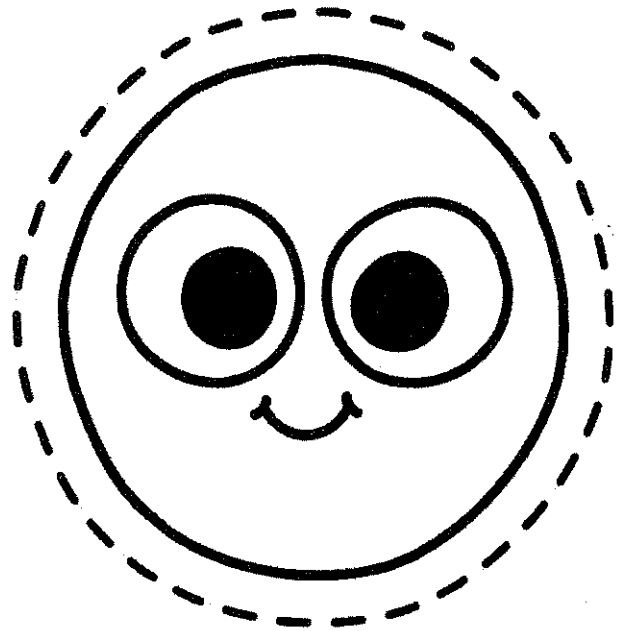
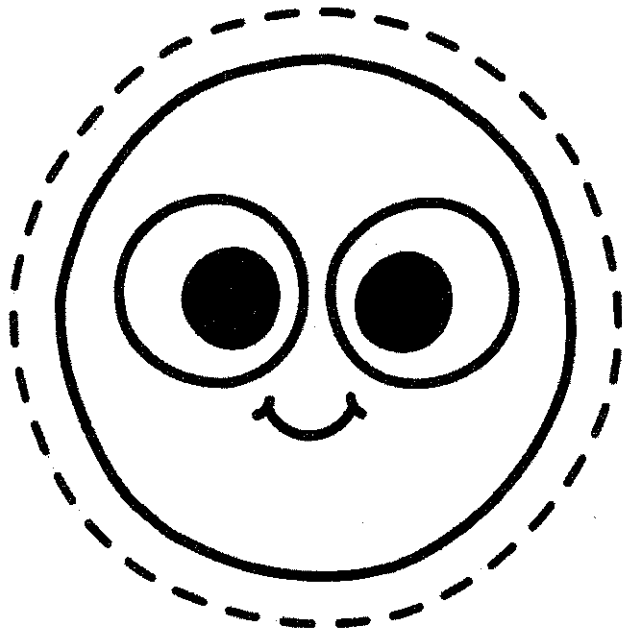


TRACE the circles.

COLOR the circles.

CUT out the circles and the word box.

GLUE the circles and word box to construction paper.



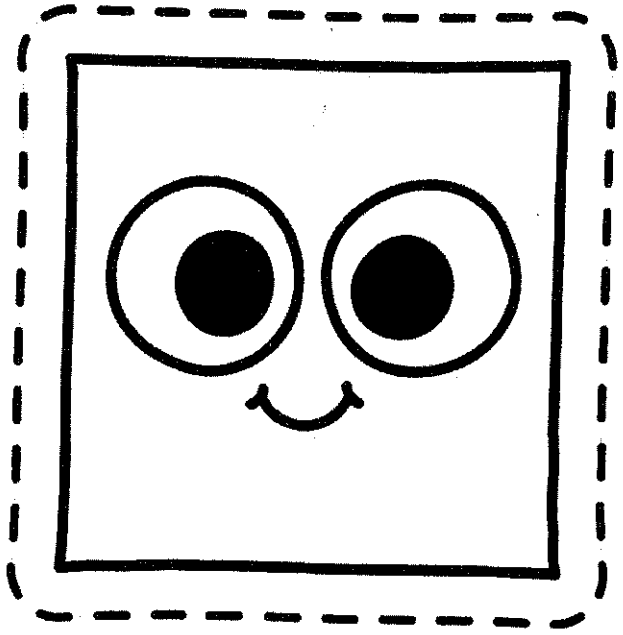
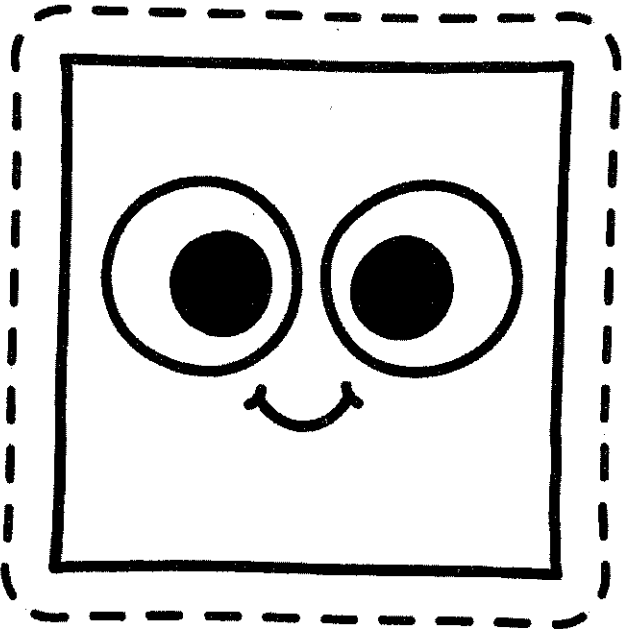
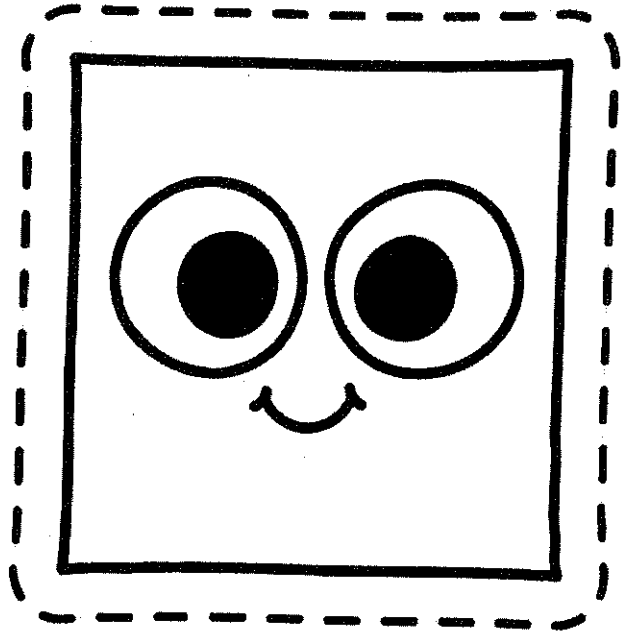
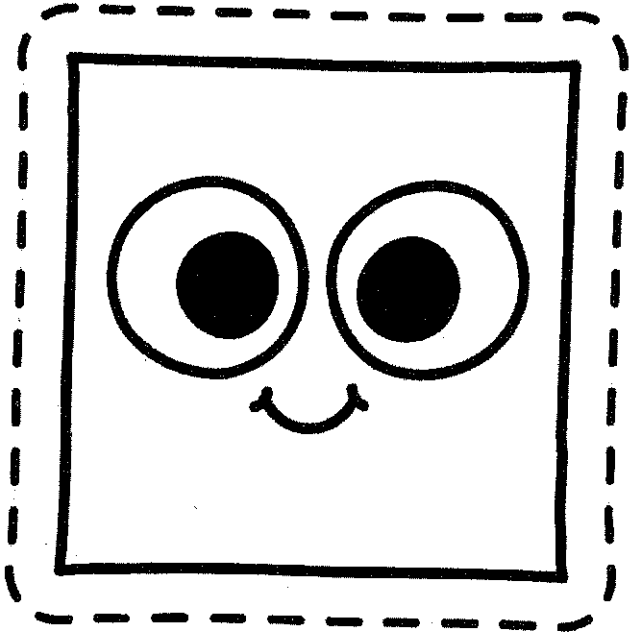
CIRCLE

TRACE the squares.

COLOR the squares.

CUT out the squares and the word box.

GLUE the squares and word box to construction paper.



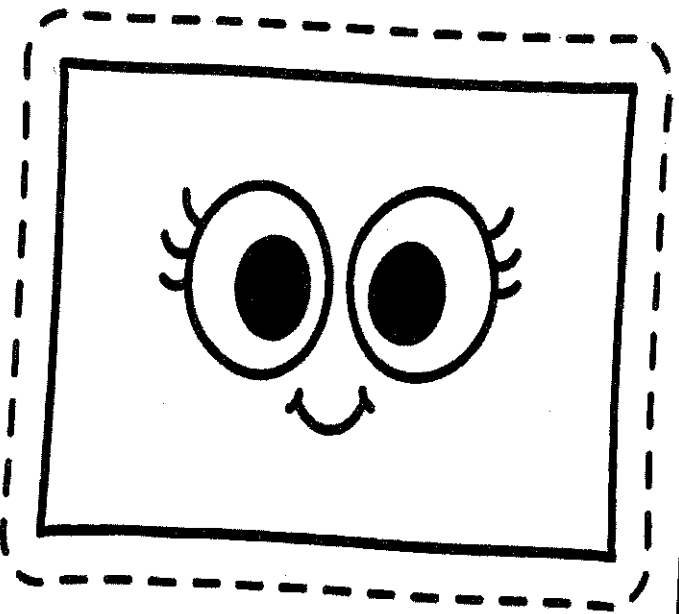
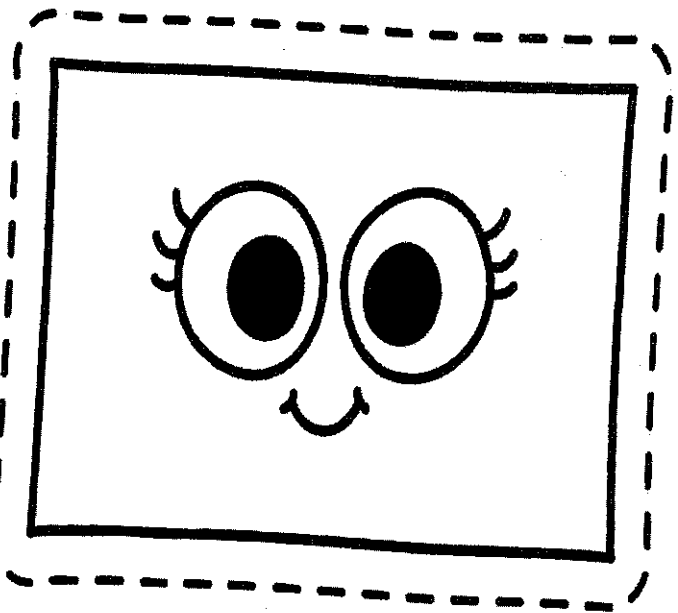
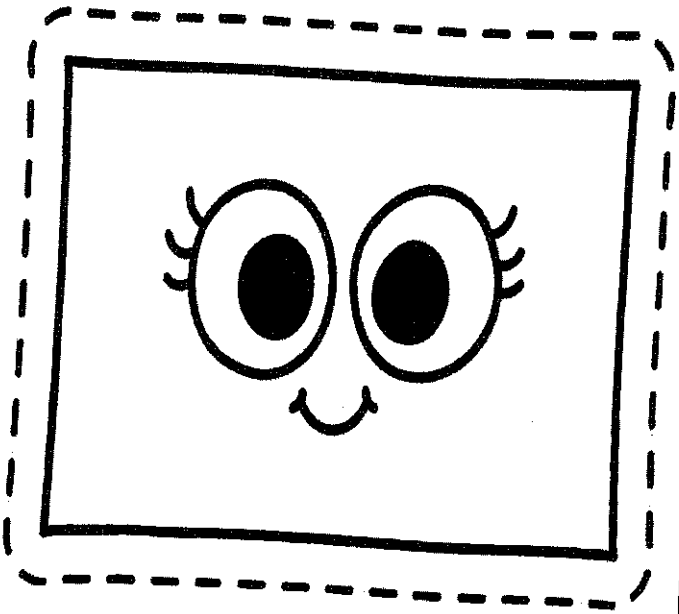
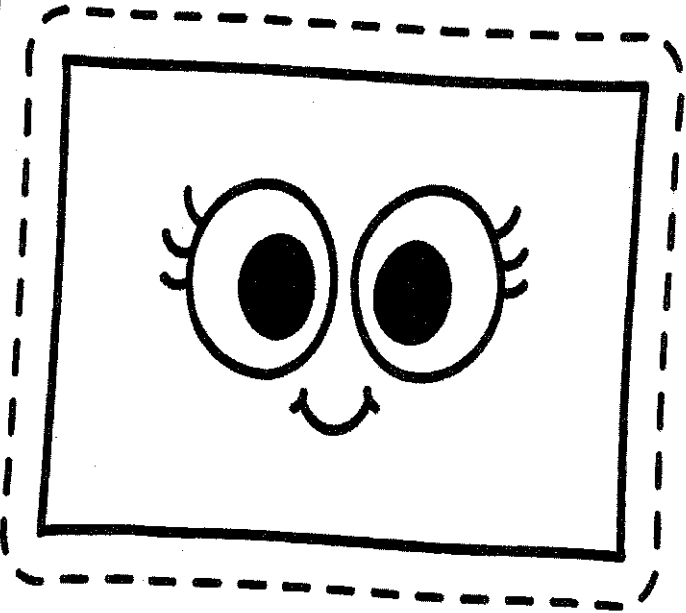
SQUARE

TRACE the rectangles.

COLOR the rectangles.

CUT out the rectangles and the word box.

GLUE the rectangles and word box to construction paper.



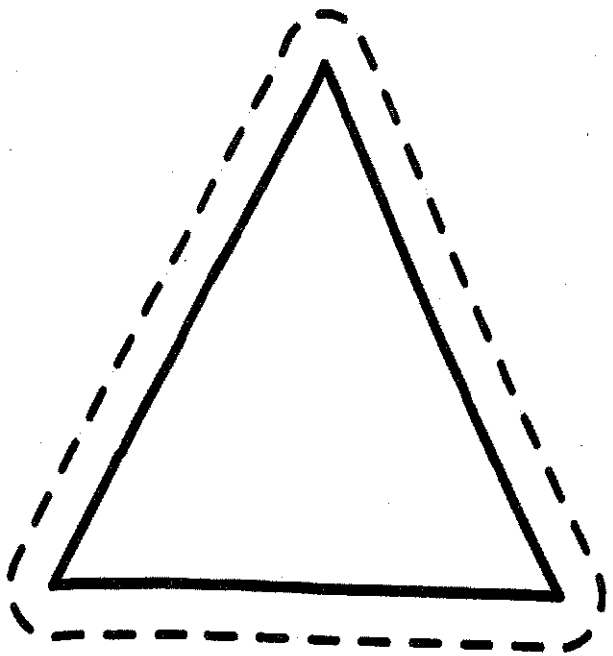
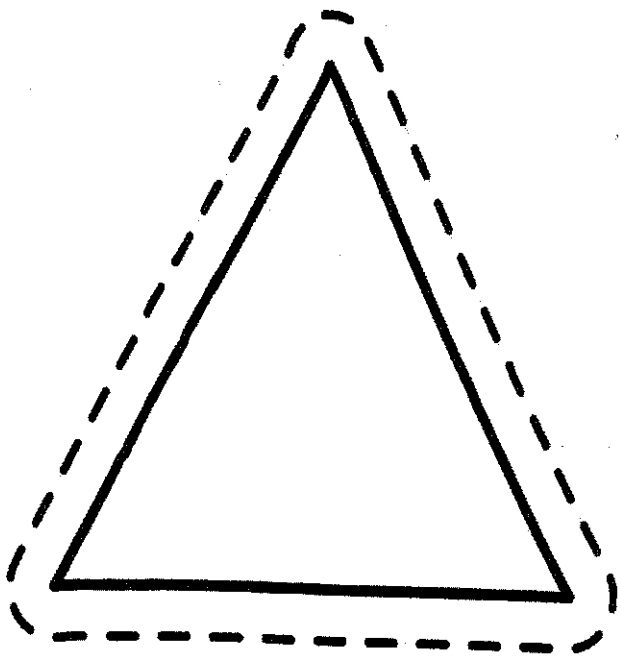
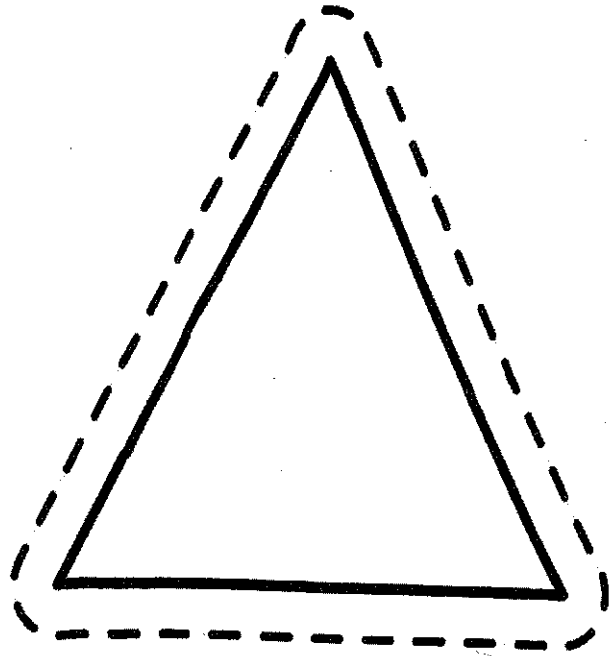
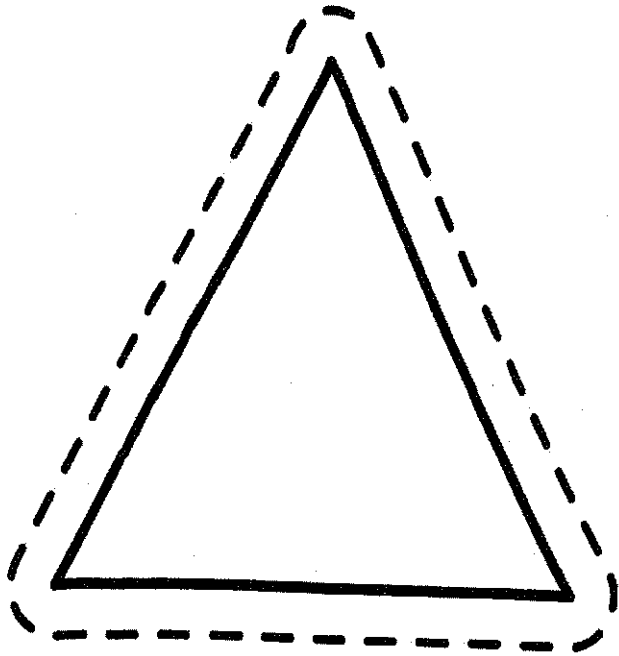
RECTANGLE

TRACE the triangles.

COLOR the triangles.

CUT out the triangles and the word box.

GLUE the triangles and word box to construction paper.



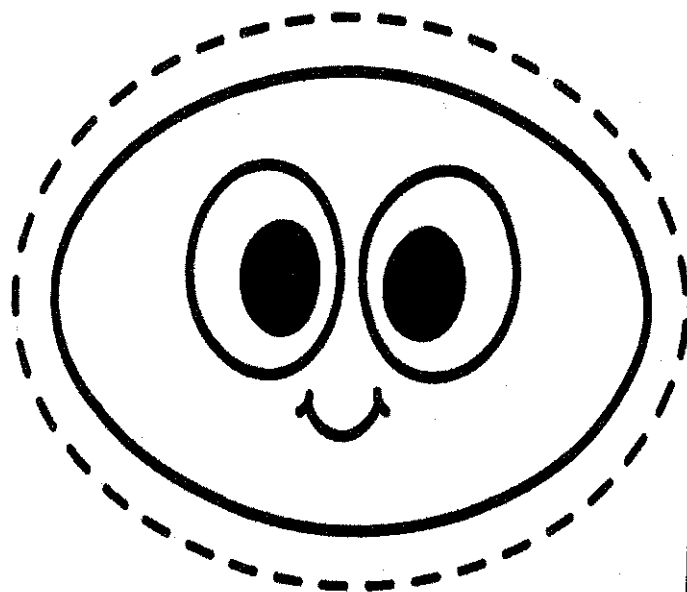
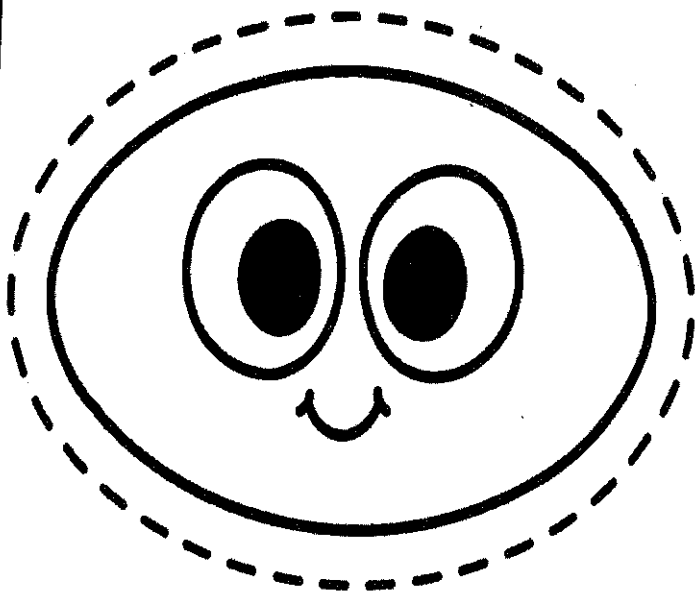
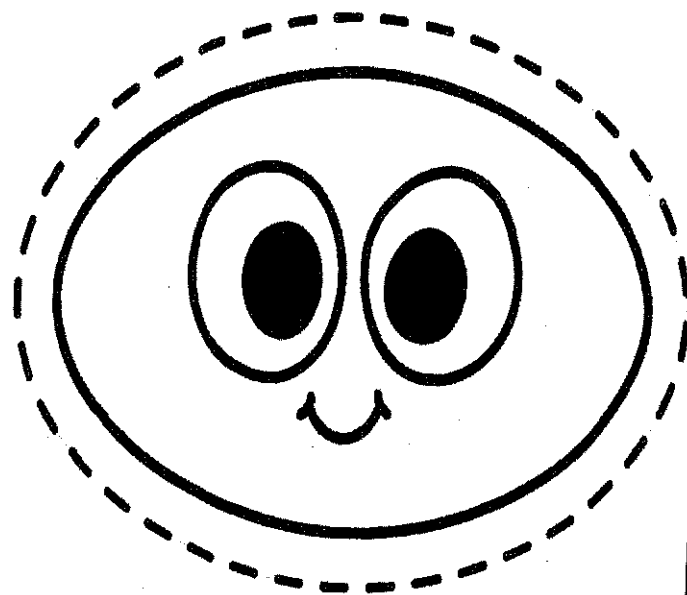
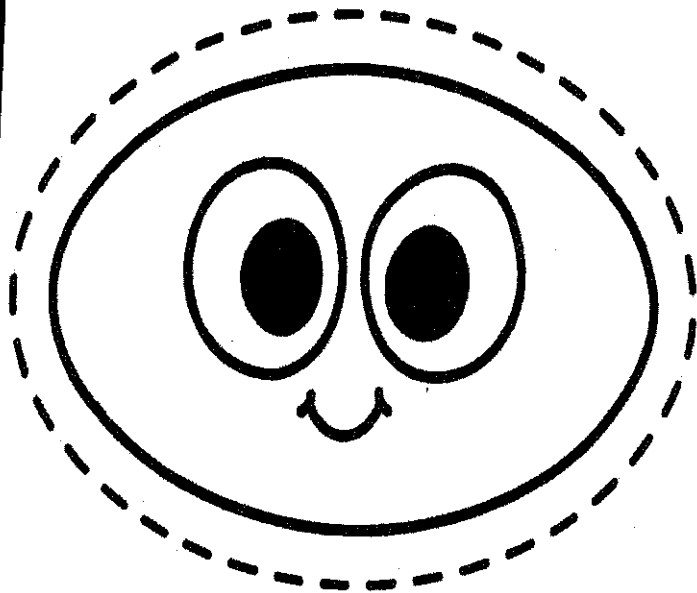
TRIANGLE

TRACE the ovals.

COLOR the ovals.

CUT out the ovals and the word box.

GLUE the ovals and word box to construction paper.

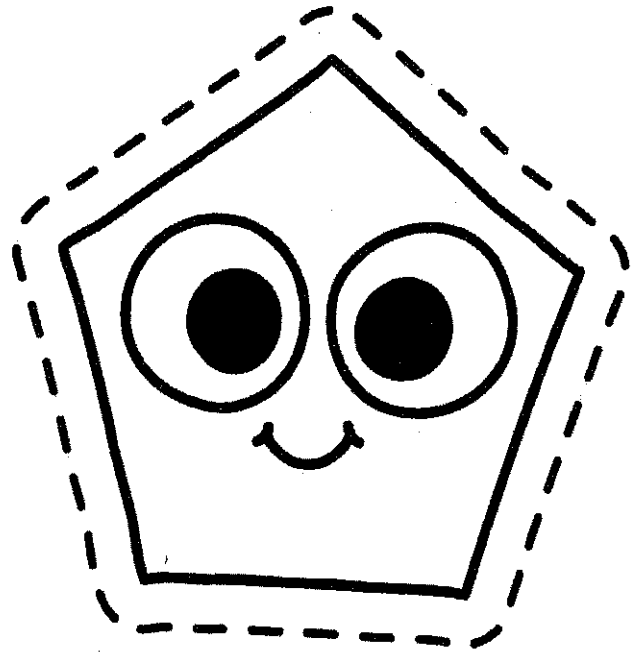
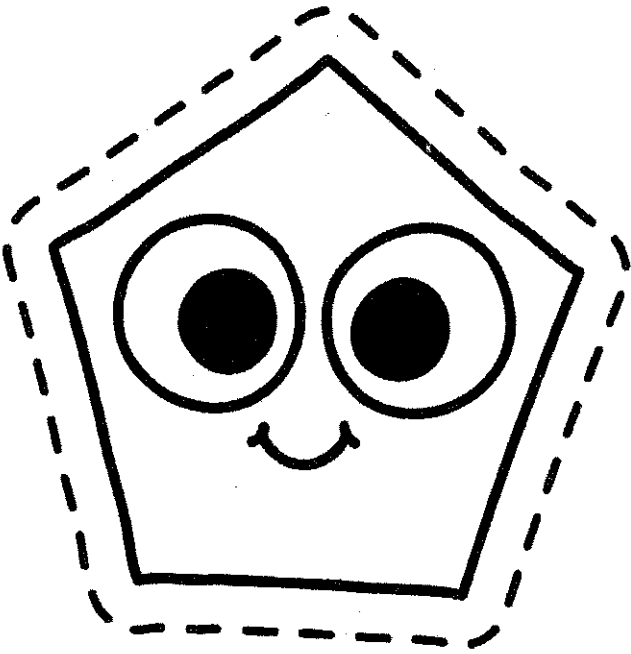
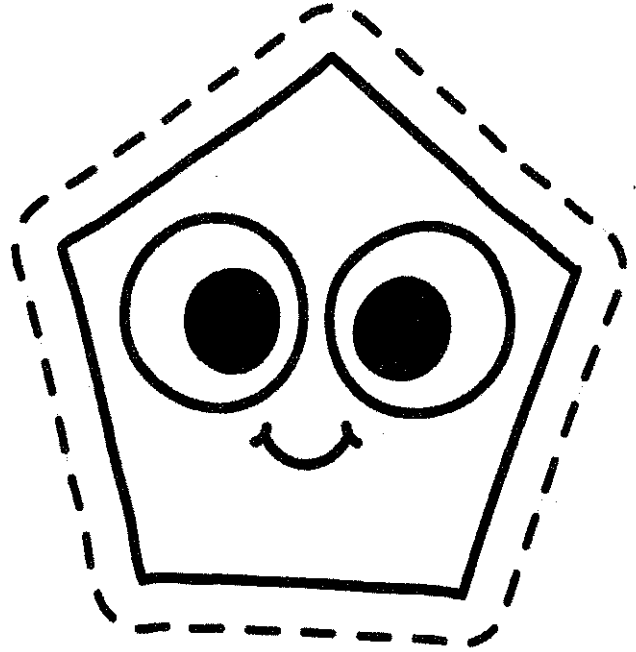
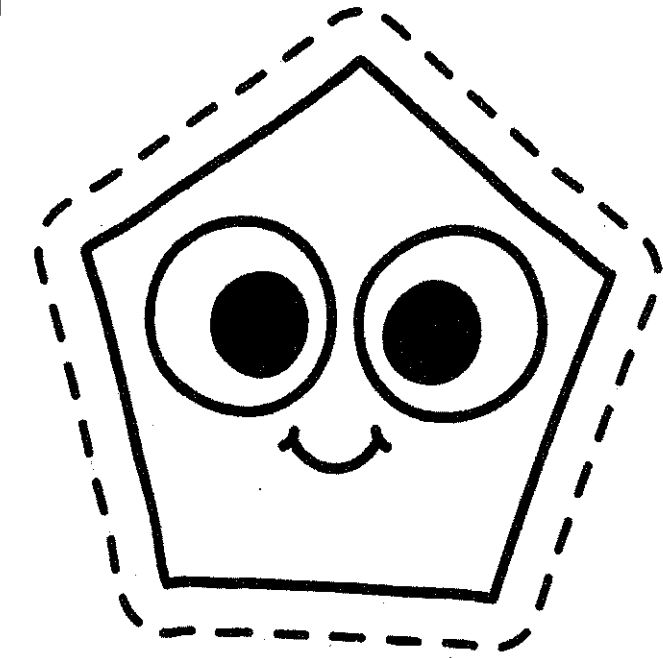


TRACE the pentagons.

COLOR the pentagons.

CUT out the pentagons and the word box.

GLUE the pentagons and word box to construction paper.



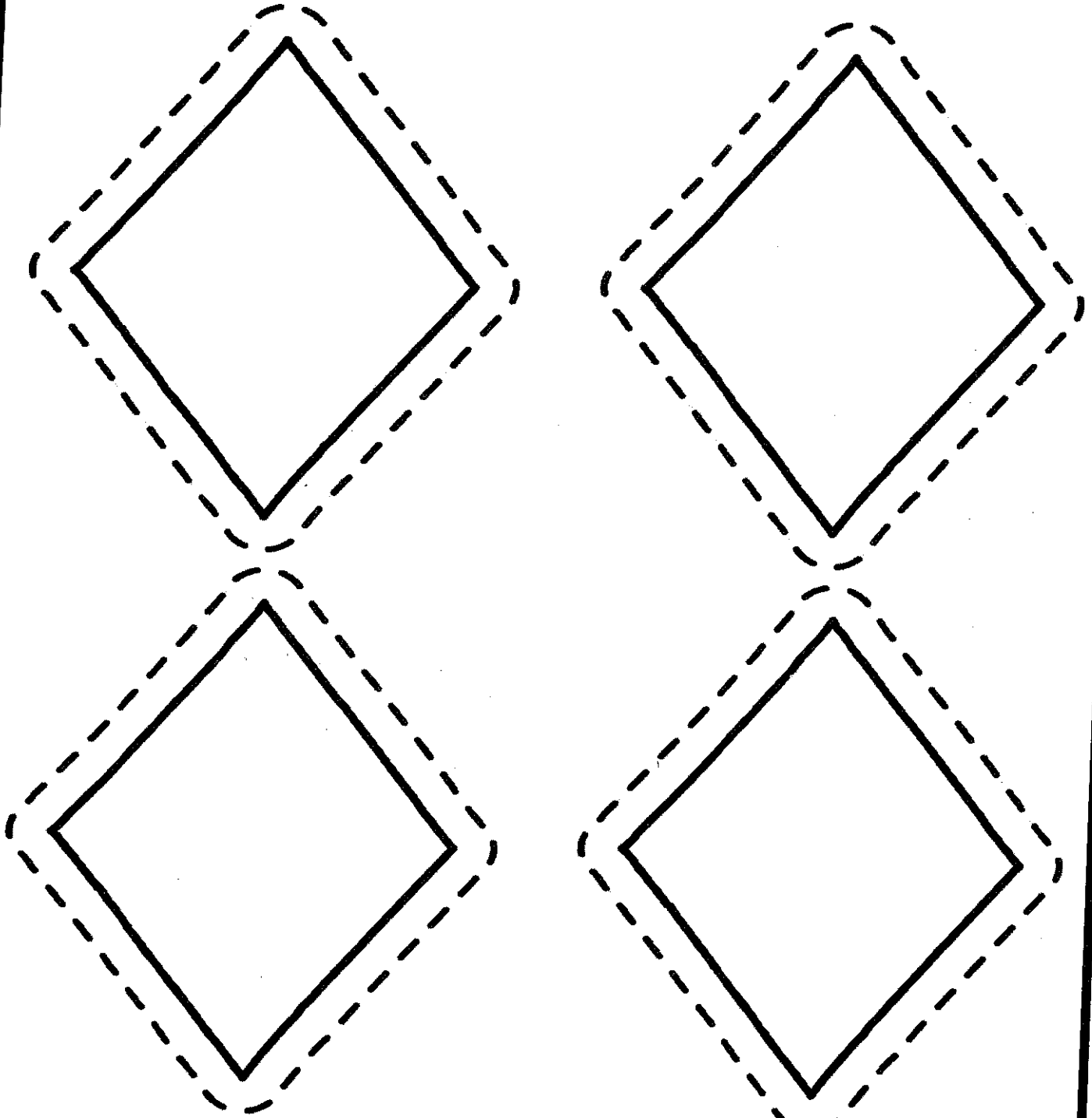
PENTAGON

TRACE the rhombuses.

COLOR the rhombuses.

CUT out the rhombuses and the word box.

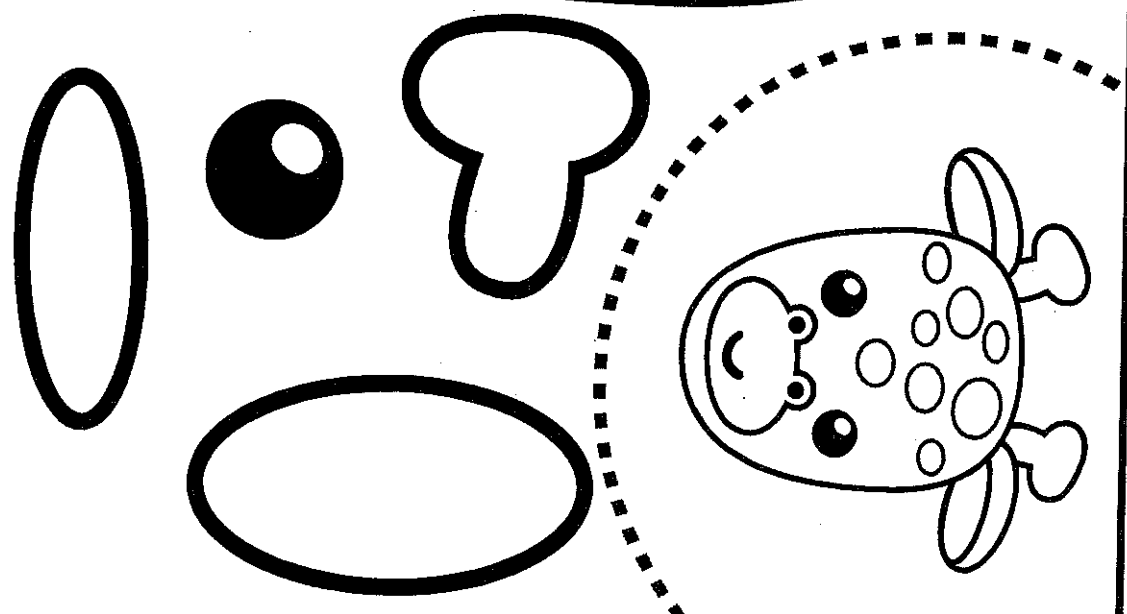
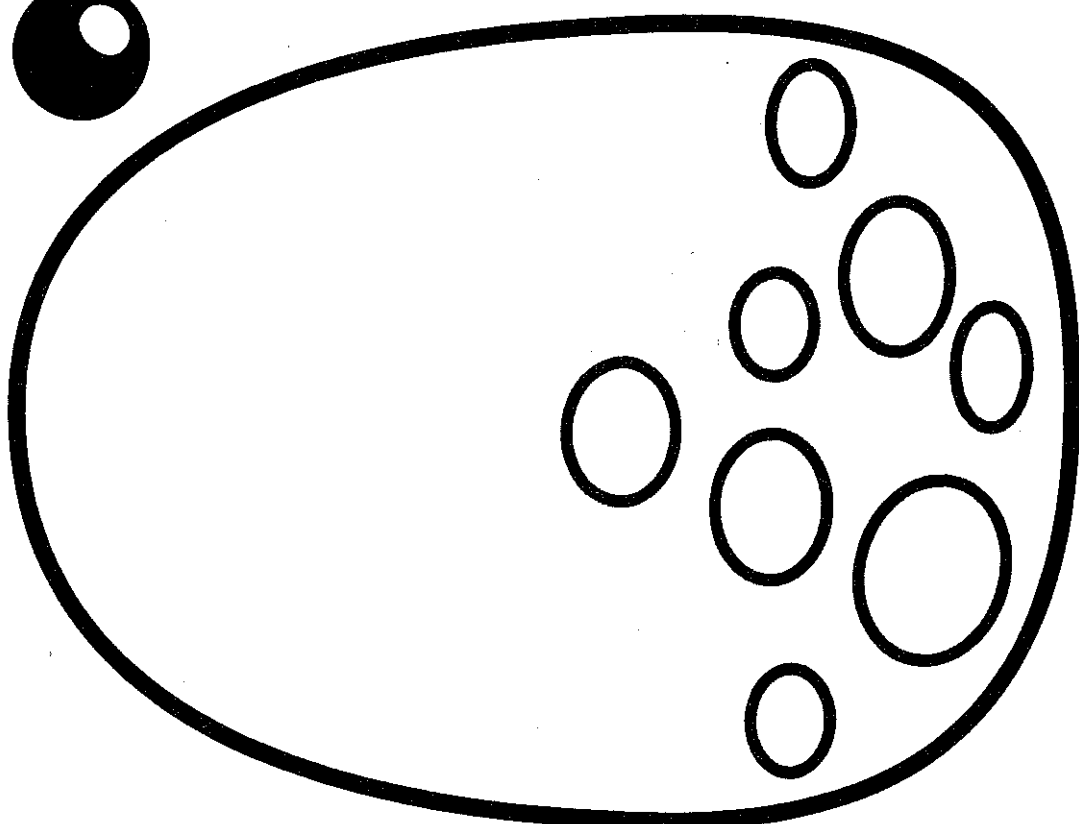
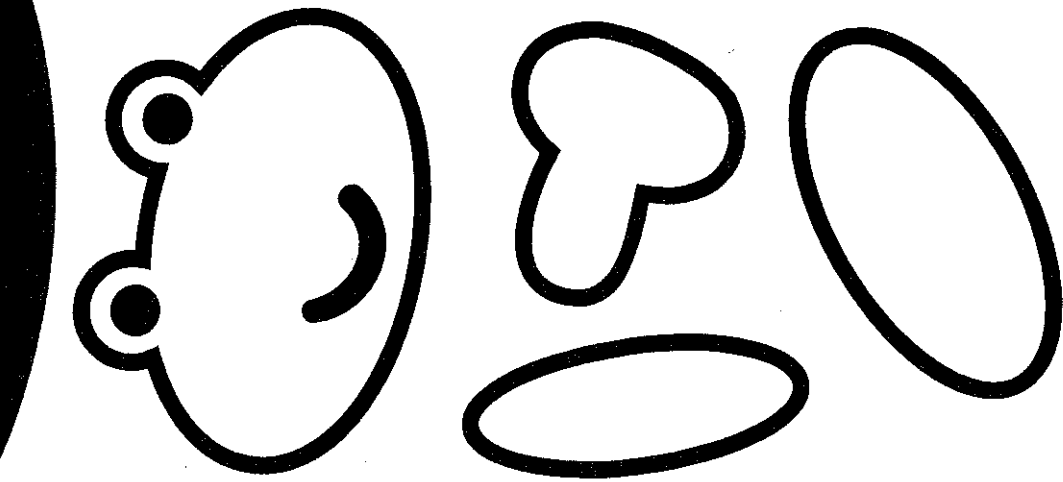
GLUE the rhombuses and word box to construction paper.

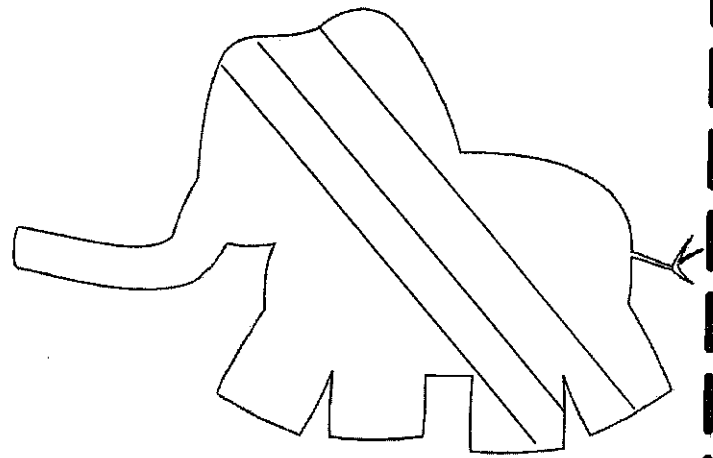
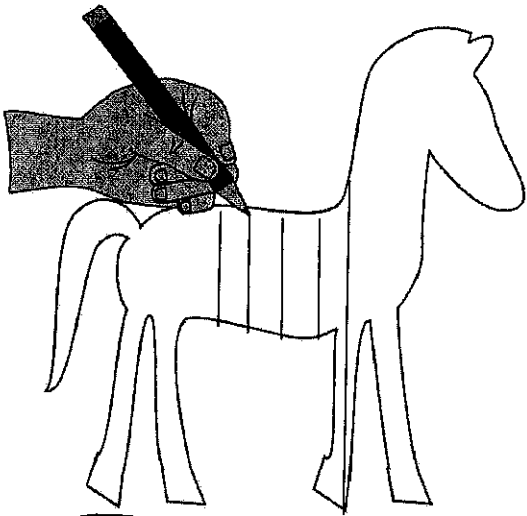


RHOMBUS

Go to www.YourTherapySource.com for the complete download of Color, Cut, and Glue.

CUT & GLUE





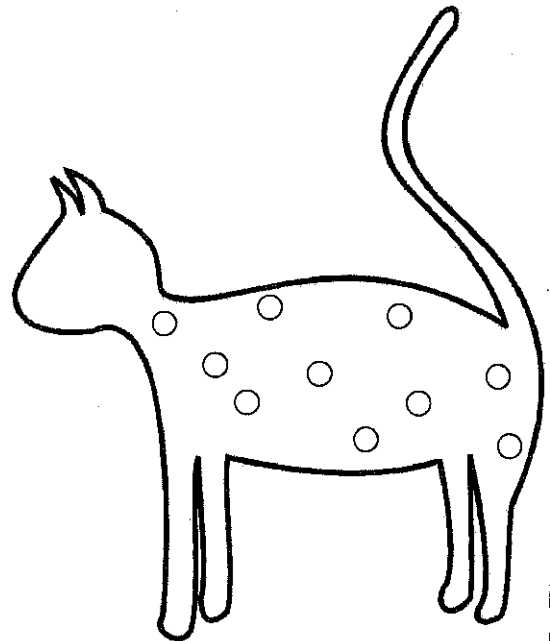
Animals

PRE-WRITING STROKES

Free Version

INCLUDES 2 VERSIONS:

1. Sample Stroke/Shape Drawn
2. Blank Animal



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Border From the Pond <http://fromthepond.blogspot.com>

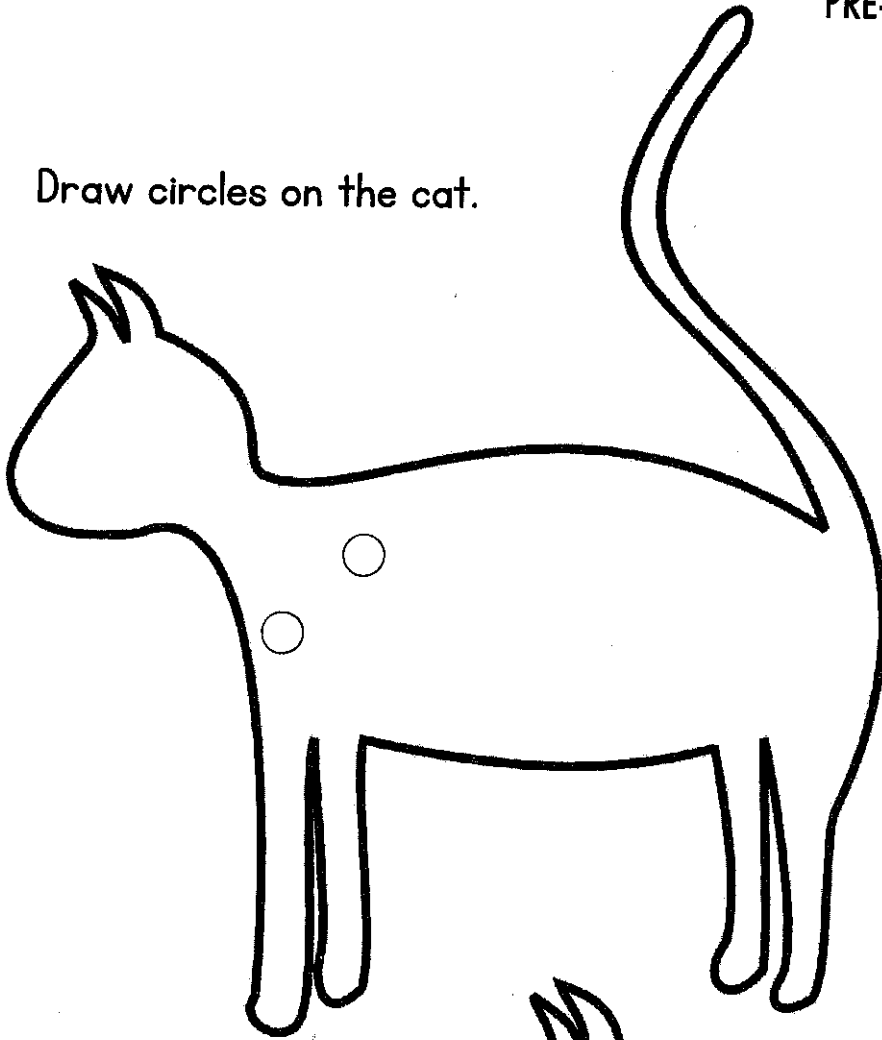
www.ToolsToGrowOT.com

Animals

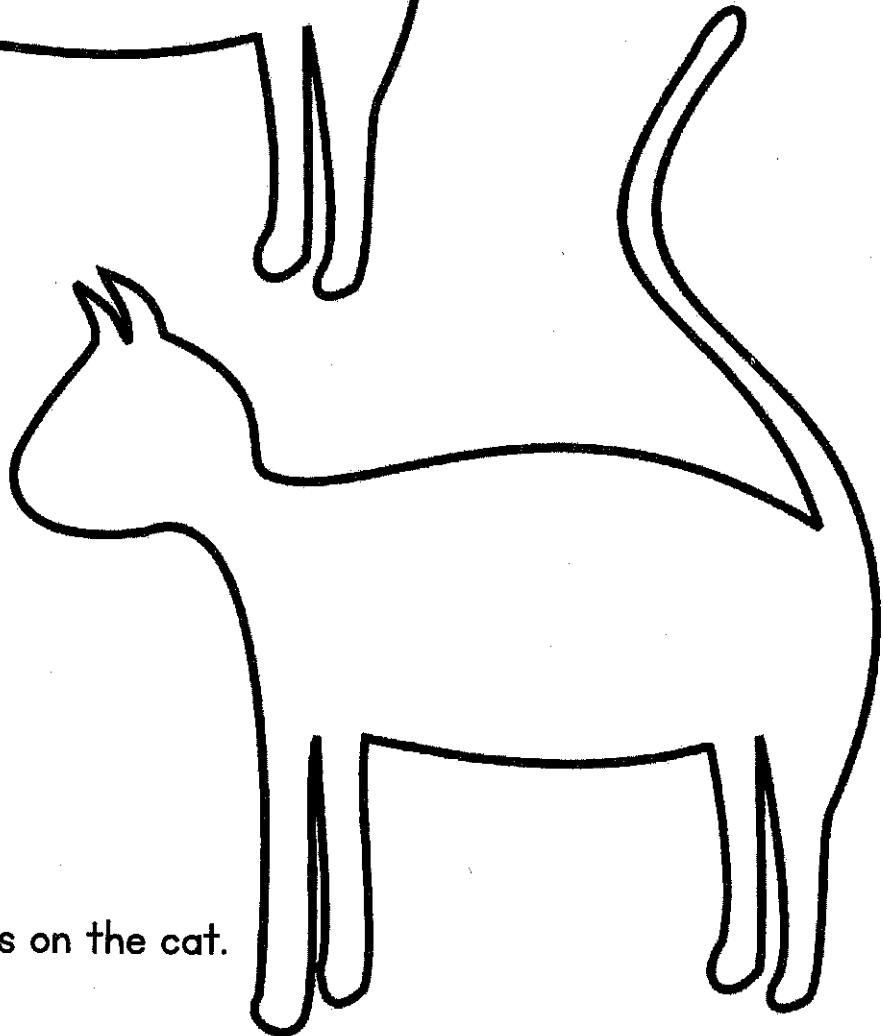
PRE-WRITING STROKES

Free Version

Draw circles on the cat.



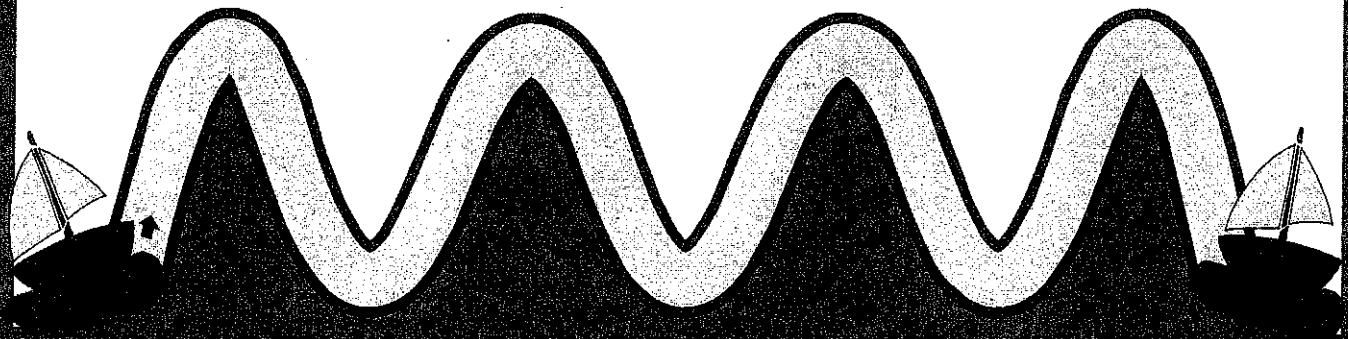
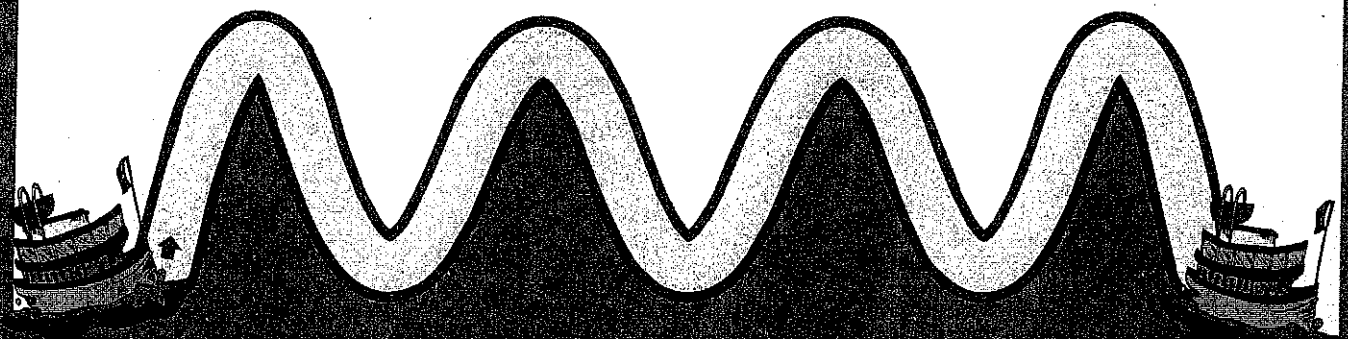
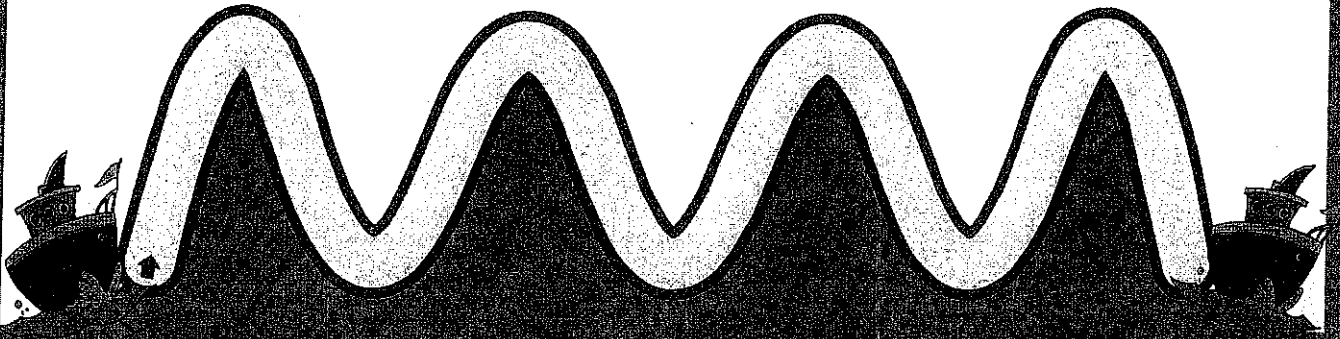
Draw circles on the cat.

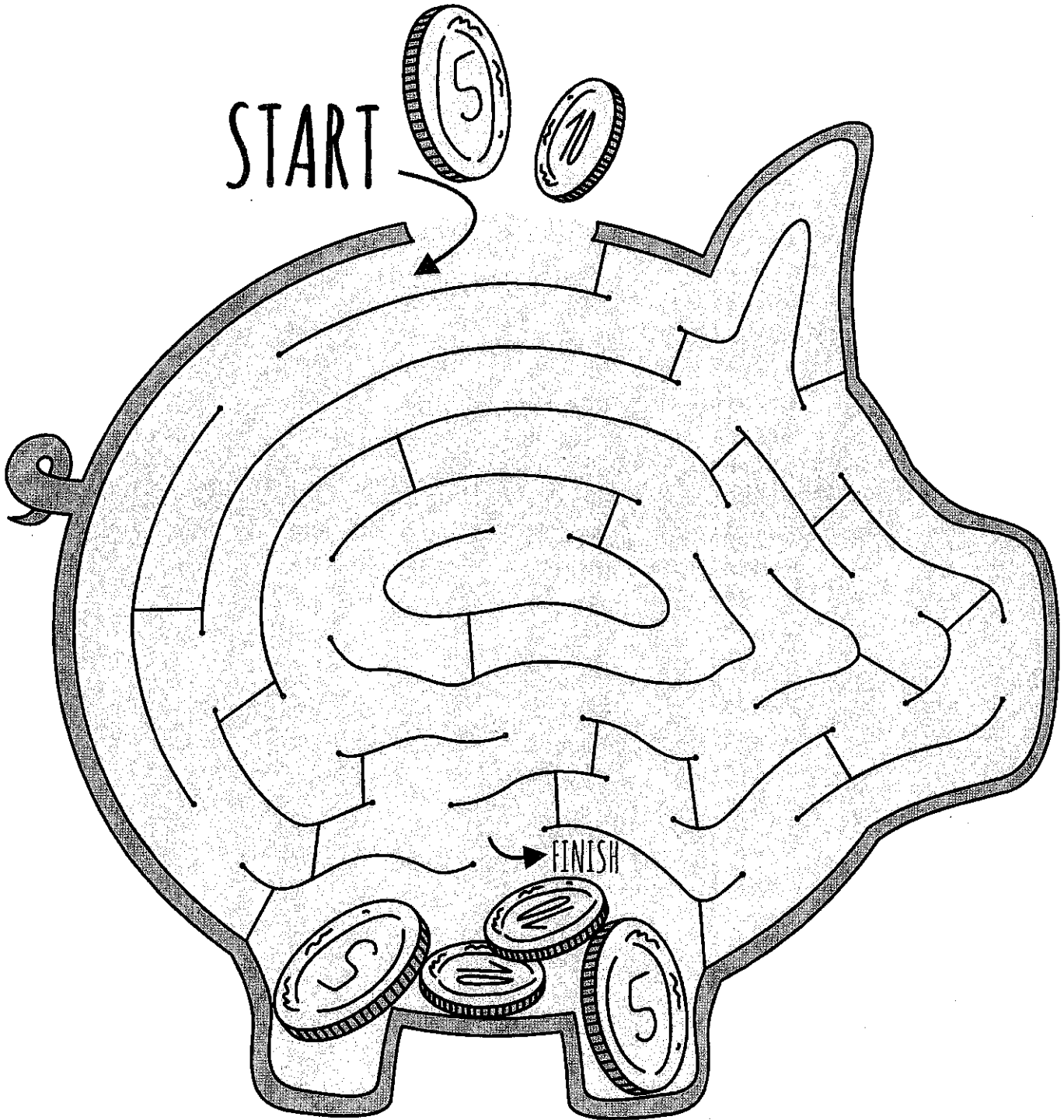


Directions: Start at the arrow. Draw a line over the waves.

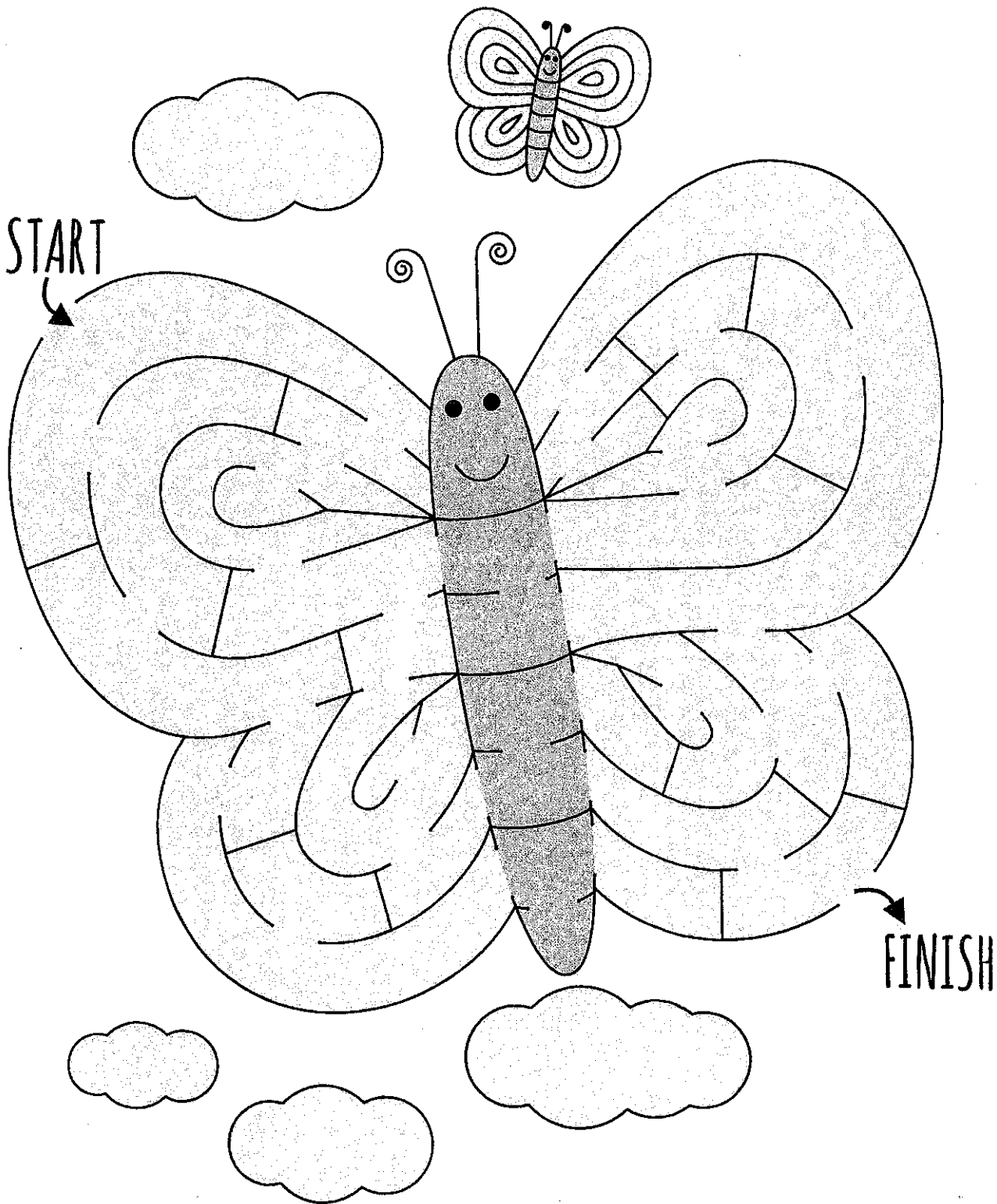


Directions: Start at the arrow. Draw a line over the waves.





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Go to <https://www.growingplay.com/product/big-book-easy-mazes/> for the complete download.

Name: _____

Find and color the letters of your name.



SCANNING/REVERSALS **p**

Circle all p's scanning left to right and top to bottom

b q q d p a p q p p q b d q q a q
d p d b d p b a q d p b d p q p q
a q p d d p b d b q p d q d q p b
d q q b d q p d p q q b d q p b d
q q d p b p q b p q b a p q d b a
p q q d p q q a d p p b a q d p b
d q p q d a q p q d b d b q p d q
d q a p b d q q b p d q p d p q q
b d q p b d q d p p b a q d p b d
q p q a q p d b d b q p q q d q p
q d p q q b d q p d p q q b d a q
p b d q q d d p b p q b a p q b a
q p p q d b a p q d d p q q a d p
p b a q d p b d q p q a q p q d p

Fruits

Find, circle and write down 12 types of fruit.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	

seeds pear trees

watermelon eat

banana oranges

sweet slice grapes

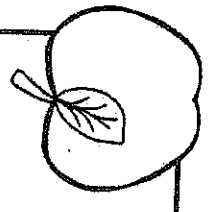
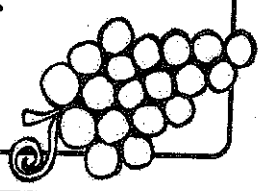
mango raspberry

salad peach

strawberry picnic

apples cherry bowl

cranberry



Mystery Words #4

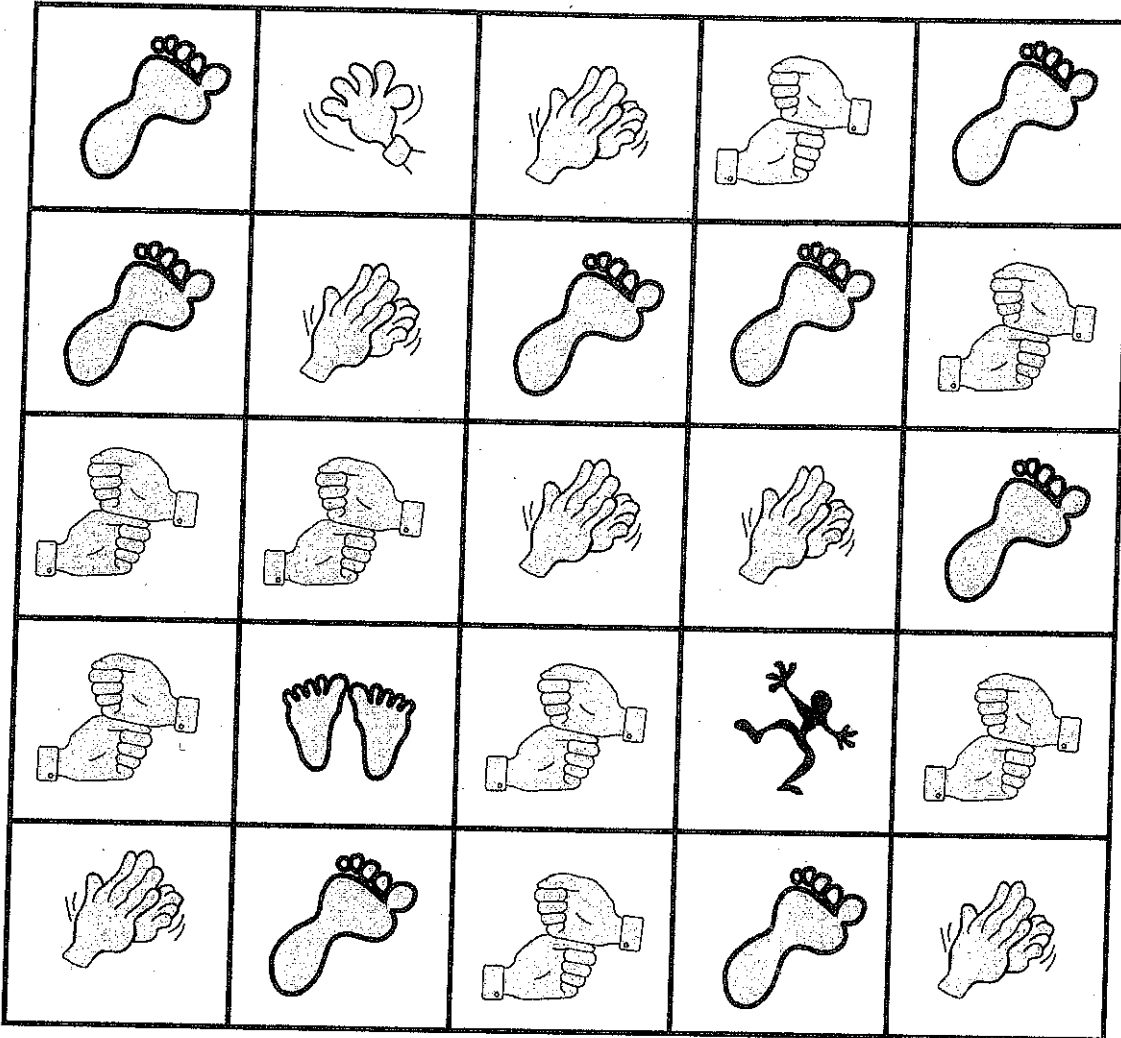
Directions: Cross out any letters that are repeated more than once. When done, write any letters that are left in the spaces below to find out the mystery word.

N	P	L	R	F	B
A	V	G	N	F	G
M	F	N	B	Y	O
V	U	G	T	V	S
R	H	B	H	F	M
G	I	N	V	R	B
D	H	R	E	H	M

Mystery Words: _____

Mystery Dance #1

Directions: Cross out any pictures that are the same. When done, use the code below to perform the mystery dance.



Code:

	clap		wiggle toes
	wave		stomp feet
	fists		shake body

Directions: Cut out the 6 pictures at the top of the page. Mix them up. Paste in the proper sequence in the gray boxes. Now try to follow the step by step drawings to draw the picture yourself at the bottom of the page.



Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

