

# OT Activities for the week

Key Stage 4

## Fine Motor Activity

### Bean Mosaic

#### Targets:

- Eye-hand coordination
- Fine Motor Control
- Finger strength
- Finger translation
- Hand dexterity
- In-hand manipulation
- Pincer grasp

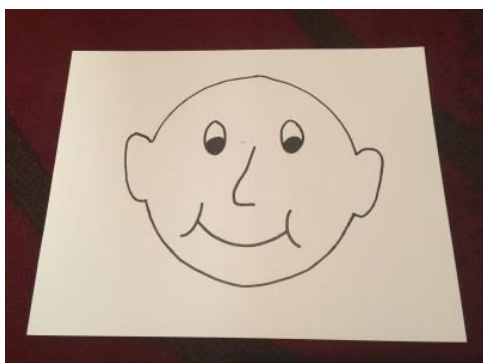


#### Materials:

- Beads
- Beans
- Buttons
- Paper
- Glue
- Markers
- Pom-poms
- Tweezers

#### Instructions:

1. On a sheet of paper, sketch a simple picture, or allow your child to draw a picture/shape.



2. Using the glue, instruct the child to trace the outline of the picture.
3. Once the picture is outlined with glue, ask the child to pick up one bean or button at a time, and glue it along the outline of the picture.



4. Instruct your child to continue glue different parts of the picture and then ask them to stick beans throughout the rest of the picture until it is all filled in.



5. If you wish to promote translation skills (finger to palm and palm to finger), ask your child to pick up 2 or more beans, transferring them one at a time into the palm of their hand, then transfer them out, one at a time, to be glued on the outline.
6. Let your child continue pasting the remainder of the beans on the picture, putting the beans close to each other.
7. To make this activity a little more challenging - provide your child with tweezers to pick up the beans.
8. To make this activity a little easier - use larger buttons or pom-poms

## Gross Motor Activity

### **Balance the Beans**

This activity promotes balance and eye-hand coordination. In addition, it provides tactile input as your child submerges their hand in a container filled with beans.

#### Targets:

- Balance
- Eye-hand coordination
- Motor planning
- Tactile perception



#### Materials:

- Beans
- Container
- Masking tape
- Spoon



#### Instructions:

1. Place a container full of beans on one end of the room or the area you work in and an empty container on the other end.
2. Use the tape to mark a straight line between the two containers. Have your child hold the spoon in one hand (preferably their preferred hand) and ask them to scoop a spoonful of beans.
3. Instruct your child to walk on the line that you've marked and transferred the beans on their spoon from one side to the other side, placing the beans in the empty container.
4. Repeat the activity until the empty container is filled with beans.
5. To provide proprioceptive input (sensory input that provides information about where your body position is in relation to space), ask your child to use animal walks (i.e. bear walk, crab walk, frog jumps, etc.) to get back to the starting point side (where the container filled with beans is).
6. To make this activity a bit more challenging - you can also mark a curved path or a crooked path with the tape.
7. For strengthening purpose, you can put a weighted wrist bend on the child's hand (the one used to hold the spoon).