

OT Activities for the week

Key Stage 5

Fine Motor Activity

Construction Paper Guitar

Make your own cardboard guitar with rubber band strings to work on finger strength and fine motor control.

Targets:

- Bilateral Hand Use
- Eye-Hand Coordination
- Fine Motor Control
- Finger Strength

Materials:

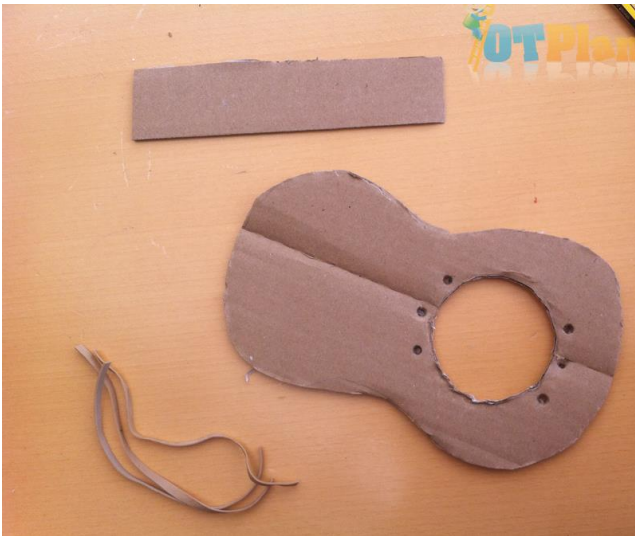
- Cardboard
- Glue
- Hole Puncher
- Markers
- Masking Tape
- Pen
- Pencil
- Scissors
- String



Instructions:

1. Using a large piece of cardboard or construction paper, instruct your child to draw the shape of the guitar's body. If this may be a little challenging for your child, let them trace your drawing, using a thick marker.
2. Ask your child to cut out the shape, following the lines. Depending on the child's skill level, make the line thicker, and provide support as needed.
3. Once your child cuts out the guitar's shape out, ask them to draw or trace a circle in the middle of the guitar's body. You can use a round object to help with drawing an accurate shape.
4. Instruct the child to cut out the circle, providing support as needed.
5. Using a single hole-puncher, carefully have your child punch three holes on either side of the circle they just cut.

- Using 3 rubber bands, ask your child to cut through them so they are now one long string.
- Instruct your child to thread each rubber band across 2 parallel holes, and tie on each end. Provide support as needed for tying the rubbers in place.
- Using another piece of cardboard or construction paper, ask your child to draw or trace a rectangle.
- Instruct your child to cut it out, and use the glue and tape to attach it to the top part of the guitar's body.
- To make the guitar look more life-like, ask your child to draw lines continuing from the bands up the stem of the guitar.



Gross Motor Activity

Mission Impossible Obstacle Maze

This is a great activity for your child to work on their coordination, motor planning and balance skills!

Materials:

- Crepe paper or toilet paper
- Masking tape or blue tack

Instructions:

1. Instruct your child to assist you in creating an intricate maze in a hallway for them to navigate through.
2. Put the paper up high and down low, forcing your child to step over and crawl under at various points. The more paper you place the more challenging the maze will be.
3. To go even further, time your child to see how long it takes them to complete the maze and see if they can beat their time! You can even place items on the floor along the way to make the course a bit more challenging, so that they are required to pick up the items and take them to the finish line!

