

Occupational Therapy Activity for the Week

Key Stage 3

Fine Motor Activity

Cereal Box Fine Motor Coordination Game



Materials:

- Empty cereal box
- Scissors/Wooden skewer/sharp pencil
- Plastic straws

Activity instructions:

1. Use scissors to poke holes all over each side of your cereal box. You can also encourage your child to poke holes by using a wooden skewer or a sharp pencil.
2. Instruct your child to use scissors to cut up a couple of straws into little pieces.
3. Now you can instruct your child to push the straws into the holes! You will be working on the following fine motor skills:
 - **Tripod and pincer grip** – Encourage your child to pick up the bits of straw using their thumb, index and middle finger together (a tripod grasp) and with just their thumb and index fingers (pincer grip) to push the bits of straws through the holes.
 - **Bilateral hand coordination** – Your child will be working on their bilateral hand coordination (using both hands together in a coordinated manner) as they turn the box over and around to look for little holes.
 - **Visual scanning** - This is a great activity to practice visual scanning as your child searches for holes to push the straw pieces into.

Gross Motor Activities

Moving Cups Game

This activity is fantastic for core strength and coordination.

Materials:

- Plastic cups
- Oven tray

Activity Instructions:

1. Place some cups on the ground.
2. Using their feet, instruct your child to pick up each cup, move their body and place it on the baking tray. It is harder than it looks!
3. Then walk around the house holding the baking tray of cups, making sure none of them fall off.

