

Fine Motor Activities

Playdough

Recipe:

1 cup flour
1/4 cup salt (half the salt from regular recipes)
3 tsp vinegar
2 tbsp oil
1/2 cup water
food coloring

//1// mix all the dry ingredients in a saucepan on low heat

//2// stir in the water, vinegar and then oil

//3// keep mixing until it forms into a ball

//4// remove from heat and let cool. Then divide into sections and add food coloring as desired.

After use, we stored it in the fridge. But I'm sure you could just leave it out.

Muffin Tin Activities

- muffin tin
- pompoms
- beads
- pasta noodles
- tweezers
- tongs

Use tweezers or tongs to fill muffin tins with materials.

Oatmeal/ Salt/ Rice Tray Writing

- oatmeal
- salt
- food coloring (optional)
- Q-tips

Fill the tray with oatmeal or salt. Practice writing sight words with the Q-tip or your finger.

Shaving Cream Writing

- shaving cream
- food coloring (optional)

Spray shaving cream on a table surface. Practice writing letters, numbers, and words with your finger.

Cheerios/Fruit Loop Necklace

- cereal
- string

String cereal to create necklaces.

Other Fine Motor Materials:

- Kinetic Sand
- Playdough
- Legos
- String and beads
- Cutting Practice

Gross Motor Activities

Movement Cards

- Create your own or research online
- Use gross motor skills to create cards such as gallop like a horse, hop like a frog, etc.

- paper
- scissors
- crayons, markers, colored pencils

Sensory Path & Obstacle Course

- Indoor or outdoor
- Use materials you already have
- Decide on skills you would like to add and create your path such as hop 3 times, push circles, skip from star to star, crawl on blankets, jump over pillows

- chalk
- pool noodles
- hula hoops
- pillows
- blankets
- balls

Other resources/Ideas:

- Gonoodle:
- KidzBop dances
- Hula hoop
- Hopscotch
- Jump rope
- Kick a soccer ball