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Therakids

If you are not willing to learn,
no one can help you. If you
are DETERMINED to learn,
no one can stop you.

Author Unknown

ADDRESSING THE NEEDS OF EDUCATORS AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.

FINE MOTOR SUMMER ACTIVITIES

As the school year ends and summer begins, it is important for parents to keep in mind how they can keep their child active. Summertime is a great time to reinforce the fine motor skills your child already knows and help him/her continue to use those skills through the next school year. A beautiful summer day is motivation enough to get outside and play. We can give kids a jumpstart with ideas for games and activities that they can do on their own, with their friends, or together with the family. Summer offers a great opportunity to plan for some basic developmental opportunities that will help them grow in many ways.

Encourage your child to reach across mid-line (i.e. reaching for an object on the right and placing it on the left):

- Use short/broken crayons to promote a functional writing grasp.
- Sidewalk chalk, finger paints, puzzles.
- Clapping songs.
- Make figure 8's with a ball around your legs while sitting on the floor.

Ideas for helping your child with letters and spelling (Using a multi-sensory approach):

- Use shaving cream and fingers instead of paper and pencil.
- Finger paints
- Use pudding, jello...etc. as ink on cookie sheet
- Use crayons instead of markers; they require more force and strength to write.
- Invisible ink; use your finger to write on the wall, leg or your friends back trying to guess the letters or dip a paint brush in water and watch it disappear .
- Build letters with pre-cut shapes: big line, little curve and big curve, little line. Ex: lowercase "d" is a little curve and big line.

Encourage your child to use both hands (bilateral use of the body and arms):

- Tear newspaper into strips and crumple them into balls, play trashcan basketball.
- Cut play dough, straws, or heavy paper. Make an art project out of pieces.
- String ¼" plastic beads onto string for fun color designs.
- Play with toy cars, small blocks, Barbies or action figures on the floor while seated or positioned on tummy.
- Tie shoes or bows.
- Fill Ziplock balls with uncooked rice/beans /noodles. Before zipping the bags, add small objects to find.
- Roll play dough into tiny balls.



Pour from one cup to another.



Play with play dough.



Picking up pom poms with tweezers.



Cut with scissors



Tear paper



Clapping songs

www.f-sepac.org/wp-content/.../03/outdoor-fine-motor.doc
<http://handsonaswegrow.com/30-kids-activities-materials-for-promoting-fine-motor-skills>
<http://www.therapiststreetforkids.com/CrossingMidline.html>
<http://www.prekinders.com/fine-motor-skills/>
<http://pinterest.com/paulbunyanot/crossing-midline/>

For past newsletters, go to www.therakids.org. On the left side of the page click on archived.

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. **Email: www.therakids.org**

