

## Fine Motor Fun

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- Clay, therapy putty, Silly putty, play-doh, Sculpey, modeling foam (Crayola Model Magic)
  - These are all excellent materials for squeezing, squishing, pushing, pulling and molding and creating unique works of art!
  - Try hiding small objects (beads, pennies, beans) inside and then try pulling them out
  - [Here is a link with a ton of ideas for playdough from a fellow OT!](#)
- Coloring
  - Try complex adult coloring books using markers or colored pencils
  - Try coloring on an easel
  - Use broken crayons to color larger pictures!
  - Color By Number is fun too! [Check out this website with a ton of free printable coloring activities to do at home!](#)
- Origami
  - [Here are some Very Simple Origami Instructions for Kids!](#)
  - [Origami Club](#) also has a ton of very cool origami!
  - Or how about paper airplanes! Here is an [awesome website with airplane folding instructions.](#)
- Crochet or Knitting
  - Youtube is a great place to learn how to crochet or knit
  - Finger crocheting and knitting is also fantastic
  - French knitting (or tp tube knitting) is fun! [Here's a great link that explains more.](#)
- Sewing
  - Bring out the needle and thread and leave out the sewing machine! [Here are some simple sewing ideas.](#)
- Interlocking Construction toys
  - Bring out the legos!
  - How about 100+ Lego building projects!? [Here's a link to some inspiration!](#)
- Practice Typing
  - Type emails/letters to friends
  - Ms. Denues has some great practice resources on her website. [Here is a link!](#)
- Practice a musical instrument
  - If you have a piano, guitar, etc at home this is a great way to work on finger isolation!