

OT Fine Motor Activity Kit - Sample

AdvocateNest - advocatenest.polsia.app

About This Activity Kit

This is a sample from AdvocateNest's therapy activity kit library. Each kit contains parent-friendly activities designed to reinforce skills your child is working on in occupational therapy. No special equipment needed - just everyday household items.

Always check with your child's OT before starting new activities. These are meant to complement therapy, not replace it.

Activity 1: Bead Threading

Skills: Pincer grasp, bilateral coordination, visual-motor integration

Materials: Large beads or pasta (penne/rigatoni), string or pipe cleaners, tape

Steps:

1. Tape one end of the string to the table so it stays still
2. Show your child how to hold the bead in one hand and the string in the other
3. Start with large holes (pasta) and work toward smaller beads
4. Let them make a necklace or pattern - purpose makes it more fun!

Make it easier: Use pipe cleaners (stiffer than string). Make it harder: Use smaller beads or follow a color pattern.

Activity 2: Playdough Letters

Skills: Hand strengthening, letter formation, sensory input

Materials: Playdough (homemade or store-bought), letter cards or a printed alphabet

Steps:

1. Have your child roll playdough into "snakes" (this builds hand strength!)
2. Shape the snakes into letters - start with their name
3. Use a letter card as a reference
4. Practice 3-5 letters per session (don't overdo it)

Make it easier: You form the letter, child traces it with their finger. Make it

harder: Form letters without a reference card.

Activity 3: Clothespin Pickup

Skills: Pinch strength, open-close hand movement, motor planning

Materials: Clothespins (spring-type), small items to pick up (pompoms, cotton balls), a container

Steps:

1. Scatter small items on a table or tray
2. Show your child how to open the clothespin using thumb and index finger
3. Pick up items one at a time and transfer to a container
4. Count together as they go - "You got 5 pompoms!"

Make it easier: Use wider clothespins or tweezers. Make it harder: Use tongs, or clip clothespins onto the rim of a container.

Activity 4: Spray Bottle Art

Skills: Hand strengthening, grasp endurance, crossing midline

Materials: Spray bottle (small), food coloring or washable paint, large paper (taped to an easel or wall)

Steps:

1. Fill spray bottle with water mixed with a few drops of food coloring
2. Tape paper to a wall or easel at your child's shoulder height
3. Let them spray to create art - focus on squeezing the trigger
4. Encourage spraying with both hands and reaching across their body

This is a great outdoor activity! The spray motion builds the same muscles used for handwriting.

Weekly Activity Log

Track which activities you do each week. This helps you report to your OT and see patterns.

Week of: _____

Monday Activity: _____

How did it go? (1-5 stars): _____

Tuesday Activity: _____

How did it go? (1-5 stars): _____

Wednesday Activity: _____

How did it go? (1-5 stars): _____

Thursday Activity: _____

How did it go? (1-5 stars): _____

Friday Activity: _____

How did it go? (1-5 stars): _____

Notes for OT:

This is a sample activity kit from AdvocateNest. The full library includes kits for speech therapy, ABA-friendly activities, sensory regulation, and more. Visit advocatenest.polsia.app