

**PEDIATRIC OCCUPATIONAL THERAPY WORKSHEET:
VERSION 2**

FINE MOTOR ACTIVITIES

Pick One Fun Activity Per Day!

- Sensory Bins (beans, rice, beads)
- Play Dough or Slime- Write your name!
- Trace/write letters, upper or lower case.
- Practice Writing your name- Can you make it smaller?
- Trace/write numbers 1-80.
- Practice Coloring with crayons, markers, or pencils.
- Paint a Picture!
- Use tweezers to pick up/put in small items.
- Play with Chalk on the driveway/patio.
- Build a block or Lego tower.
- String Beads onto string or Pipe Cleaners.

(Most of these things can be found at the dollar tree or target!)