



Erin R. Crome, MOT, OTR/L
www.coolbeanstherapyclubhouse.com

Caterpillar – *fine motor, pincer grasp, visual motor, bilateral skills, cutting, pencil control*

- ✓ You will need: file folder or paper towel tube cut flat, many paper clips (variety of colors is better), markers, googly eyes (optional), hole punch (optional), pipe cleaner
- › Draw a long oval shape on the file folder or cardboard tube. Have your child trace the line you made and cut on the line for the body of the caterpillar. Push the paper clips along both long sides to make the legs. Using a marker, draw a line to connect legs from one side to the other of the caterpillar. At the top, you can glue googly eyes or draw eyes with a marker. If you have pipe cleaner, have your child punch two holes in the top of the caterpillar (above the eyes). Push one pipe cleaner through each hole from front to back and loop behind, twisting above the head to hold in place.

Poke Letters – *letter formation, pincer grasp, eye-hand coordination, precision wrist stability*

- ✓ You will need: cardboard from empty boxes, push-pins, markers
- › Draw uppercase bubble letters on the flattened cardboard. If you're uncertain about your artistic abilities, you can go online and search for bubble letters to print, then tape to the cardboard. Make dots or form the letter using a marker. Have your child use push pins to poke holes in the dots you made or down the line you drew. *To help with correct start and stop points, you can make a green dot at the start point of the letter, a red dot for the stop point, and yellow for the dots in between. You can also make a small arrow for direction, if needed.

Rainbow Rain – *bilateral skills, finger opposition, pincer grasp, fine motor precision, wrist stability and movement*

- ✓ You will need: variety of colored construction paper or cardstock
- › Have your child slowly and gently rip paper into very small pieces. Make sure thumbs are on top and near each other. If needed, demonstrate bringing one hand toward your body and pushing the other hand away from your body to control the ripping of the paper so your child is not using upper body strength to simply pull the paper apart. Once your child has ripped a variety of construction paper into small pieces. Gather all the homemade confetti to store in a bowl or bucket. If needed, demonstrate taking a small hand of confetti and sprinkling it by rubbing your thumb back and forth across your finger pads to slowly control the "rain".

Flower Garden – *cutting, bilateral skills, eye-hand coordination, grasp*

- ✓ You will need: variety of colored construction paper, markers, glue, stickers or sticky gems (optional)
- › Draw simple shapes (i.e. circle, square, diamond, oval, triangle, rectangle) on different colors of construction paper. If you choose, you can have your child trace the shape. Cut on the lines to form the flowers. Glue the cutout flowers across a piece of paper. Draw a line from the bottom of each flower to the bottom of the page to form the stem. Decorate the flowers and garden with stickers or sticky gems if you like.