

## OT/PT

### MOTOR ACTIVITIES FOR PRESCHOOL



#### FINE MOTOR:

- Play dough....squeeze, roll, cut with scissors, use cookie cutters, make shapes and letters
- Legos or blocks
- Use tongs or tweezers to pick up small objects and put into a container
- Color/paint/draw with chalk
- String beads, noodles, straws, cereal
- Practice buttons, zippers and snaps
- Use Q-tips to make shapes or letters
- Peel off stickers and place on paper
- Play in the sink or tub....use spray bottles, squeeze water out of sponges, use syringes
- Pinch clothespins or clips and place on a card or on the hem of a shirt

#### GROSS MOTOR:

- Play outside
- Make an obstacle course....climb over couch cushions on the floor, crawl under chairs
- Jump like a frog, crawl like a bear, slither like a snake, jump like a kangaroo, fly like a bird
- Throw, catch, roll or kick a ball
- Toss object into a laundry basket or bucket
- Have a dance party!

