



# Summer Activities for Fine and Visual Motor Skills

<p><b>June 18</b></p> <p>Cut coupons out for using at the grocery store. For younger children, let them pretend to cut coupons while you cut out yours.</p>	<p><b>June 20</b></p> <p>Blow ping pong balls across a tub of water using straws.</p>	<p><b>June 22</b></p> <p>Make playdough-see recipe *Child will need help with this."</p>	<p><b>June 25</b></p> <p>Use playdough to make a bird's nest and small balls for the eggs (have them use 1 hand)</p>
<p><b>June 27</b></p> <p>Put money in a bank to save for a special treat (the smaller the change the more practice).</p>	<p><b>June 29</b></p> <p>Have a tea party: pour tea/ milk from a pretend teapot into cups. Cut playdough with a fork and knife for pretend cookies.</p>	<p><b>July 2</b></p> <p>Make cupcakes and decorate using tweezers to pick up the toppings (sprinkles/ m&amp;ms)</p>	<p><b>July 4</b></p> <p>Pack a picnic lunch. Put items in ziplock bags and seal.</p>
<p><b>July 6</b></p> <p>Cut straws into small pieces and string to make a necklace.</p>	<p><b>July 9</b></p> <p>Use a rolling pin to roll out cookies or biscuits. Use cookie cutters to cut them out.</p>	<p><b>July 11</b></p> <p>Draw a shape or letter and let your child trace over it with a color changing marker.</p>	<p><b>July 13</b></p> <p>Play freeze tag. Chase each other. When you are tagged, you have to try to stay in one place and not move.</p>
<p><b>July 16</b></p> <p>Make gak using the enclosed recipe.</p>	<p><b>July 18</b></p> <p>Use scissors to cut gak into small pieces.</p>	<p><b>July 20</b></p> <p>Play Simon Says using actions, not words.</p>	<p><b>July 23</b></p> <p>Cut a shape out of thick construction paper/ paper plate/ cardboard. Have child punch holes with a hole puncher, then they can lace through the holes.</p>
<p><b>July 25</b></p> <p>Hide small objects in a box of beans/ macaroni/ rice and have the child find them.</p>	<p><b>July 27</b></p> <p>Have an aerobics session with chair/ floor pushups, knee-bends, sit-ups, etc.</p>	<p><b>July 30</b></p> <p>Wet sand and smooth flat. Draw or write in it with a stick or finger.</p>	<p><b>August 1</b></p> <p>Wet sand and smooth flat. Draw or write in it with a stick or finger.</p>
<p><b>August 3</b></p> <p>Have your child close their eyes. Put suntan lotion in one spot and have your child try to find it and rub it in without looking.</p>	<p><b>August 6</b></p> <p>Roll down hills as many ways as you can think of (e.g. log rolling, somersaults, etc).</p>	<p><b>August 8</b></p> <p>Make as many different animals as you can with playdough (e.g. snakes, caterpillars, spider, turtle, etc).</p>	<p><b>August 10</b></p> <p>Tear up pieces of magazines or junk mail and glue it to a piece of paper to make a collage</p>
<p><b>August 13</b></p> <p>Set up an obstacle course of different textures (e.g. carpet samples, bubble wrap, paper) and negotiate without looking.</p>	<p><b>August 15</b></p> <p>Play dress up. Try to pick clothes with a variety of fasteners.</p>	<p><b>August 17</b></p> <p>Set up 2 buckets (one full of water, one empty). Use a sponge to transfer water from one bucket to the other.</p>	<p><b>August 20</b></p> <p>Play with balloons. Try to keep them up in the air as long as possible.</p>
<p><b>August 22</b></p> <p>Play simple card games such as Go Fish or Old Maid.</p>	<p><b>August 24</b></p> <p>Put a heavy blanket or two on the floor and have your child crawl from one side to the other. You can also hide objects under it and have them crawl around to find them.</p>	<p><b>August 27</b></p> <p>String Fruit Loops or Cheerios on thick fishing line or plastic lacing. It can be worn as a necklace or bracelet and snacked on.</p>	<p><b>August 29</b></p> <p>Clean the windows using a spray bottle and water.</p>