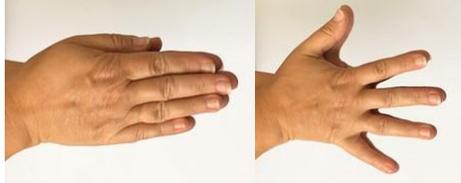
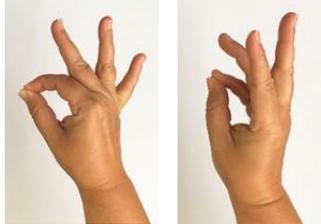


Level 2 fine motor group

Complete the following programme twice per week, for the duration of term 2. Always begin with the warm-up and the progress to the activity for your week.

If you need to, feel free to divide your class in half to complete these activities. Please also notify the OT if there are any materials you need to borrow that were not included in the activity pack accompanying this programme.

Warm-up (2-5 minutes)

<p>Rub hands together</p> 	<ul style="list-style-type: none"> • Start by rubbing hands together palm to palm • Move on to the backs of hands • Hand cream can be used if tolerated
<p>Finger stretch</p> 	<ul style="list-style-type: none"> • Start with palms together and fingers pointing away from the body • Squeeze hands together, and then stretch fingers out wide • Repeat 5 times
<p>Hook fingers</p> 	<ul style="list-style-type: none"> • Hook fingers together • Gently pull in opposite directions
<p>Prayer hands</p> 	<ul style="list-style-type: none"> • Push hands together palm-to-palm as if praying • Press together firmly for 10-20seconds • Count out loud and then shake out when done
<p>Thumb rotations</p> 	<ul style="list-style-type: none"> • Place hands together palm-to-palm • Separate palms but keep finger tips touching • Make a 'tepee' shape and rotate the thumbs around each other • Rotate 10 times each way
<p>Finger opposition</p> 	<ul style="list-style-type: none"> • Touch each fingertip with your thumb • Moving from index finger to pinkie and back • Start with dominant hand and move onto non-dominant • If mastered, carry out with both hands at the same time

Activities (15-20 minutes)

W/C Jan 4th

<p>Tennis ball monsters</p> 	<ul style="list-style-type: none"> • Each child has one tennis ball. Cut a slit for the monster's mouth (adult may need to assist with this) • Use craft supplies to decorate your monster – googly eyes, wool/thread for hair, markers to draw • Use hand to squeeze on both sides of tennis ball to open up the mouth • Use pom-poms or cotton balls to feed the monster using both hands together
<p>Items needed:</p>	<p>1x tennis ball each Googly eyes Marker pens Pom-poms/cotton balls for 'food'</p>

W/C Jan 11th

<p>Playdoh animals</p> 	<ul style="list-style-type: none"> • You can make this game interactive by using free 'spin the wheel' resource online https://wheelofnames.com/ - each child has a turn at spinning the wheel • Have pre-prepared 6-8 animals of different shapes/sizes to choose from on the wheel (dog, cat, elephant, giraffe, monkey, snake, rhino, snail) • The class have to make the animal that is chosen as quickly as possible • Squish together the piece of playdoh when finished
<p>Items needed:</p>	<p>Playdoh (one piece per child) https://wheelofnames.com/</p>

W/C Jan 18th

<p>Origami fortune tellers</p> 	<ul style="list-style-type: none"> • You can find step by step instructions on how to fold the fortune teller at this link: https://www.instructables.com/How-to-Fold-an-Origami-Fortune-Teller-How-to-Use/ • Each child has one piece of paper. Follow along step by step with the class and ensure that each child is going at the same pace • Once the fortune teller has been folded, it is time to add the writing. • Start by writing a colour on each of the four exterior flaps • Open the fortune teller back up and flatten it out. Turn it to the side that does not have the colours written on it and write the numbers 1 through 8 clockwise • Under each of the numbers, write a message or fortune. You will have to lift a flap in order to write the message.
<p>Items needed:</p>	<p>One piece of square paper per child Pens/pencils for decorating</p>

W/C Jan 25th

Table-top finger football



- Pair up the children and sit face to face at the table
- Use a pom-pom or cotton ball as a make-shift football. You can also crumple a piece of paper into a football shape
- Make goals by turning basket on their side, or connecting straws – each child has a goal that they have to defend using their fingers
- Pass the ball back and forth using just index and middle fingers
- Try to score against your opponent. The first to 5 wins

Items needed:

Cotton ball, pom-pom or balled up paper
Make-shift goal using basket or straws

W/C Feb 1st

Spider web game



- Ball up small pieces of paper or use small toys and place in the bottom of the basket
- String the yarn back and forth through the holes in the side of the basket
- Go in all different directions to make it look like a spider web
- Tie at the end (adult to support) to secure the yarn
- Use a peg or tongs to go through the web and pick out the items inside the basket
- Try not to touch the web when going in/out!

Items needed:

Basket
Yarn/wool/string
Tongs or peg per child
Small toys or balled up pieces of paper

W/C Feb 8th

Chinese paper lanterns



- This is a great activity to start introducing cutting with scissors
- Start with rectangle piece of paper, cut a 1" wide strip from the long edge of the paper (to use as handle)
- Fold paper in half and cut strips from the folded edge towards the open edge (be careful not to cut all the way)
- Unfold the paper and loop round connecting the short ends and join together using glue and tape
- Stick the handle on using glue, tape or stapler (adult support) to finish off your lantern

Items needed:

One piece of paper per child (coloured)
Scissors
Glue/tape

W/C Feb 22nd

Paper haircuts



- Each child has one toilet roll tube – use this as the body/face, using felt tips/marker to draw on your face
- Hold the paper in portrait and cut slits (~20cm) using scissors to make 'hair'
- Roll the sheet of paper around the top of the toilet roll tube, leaving the face free
- Stick the paper together along the longest side
- Using scissors, give your toilet roll tube person a haircut!

Items needed:

Toilet roll tubes
Coloured paper
Glue
Scissor
Markers for decorating

W/C 1st March

Ping pong bowling



- Mark out a lane using masking tape
- Stand up 10 pegs at one end of the lane for your skittles
- Use a ping pong as the bowling ball and try and knock down as many skittles as possible
- Child can use index or middle finger to flick the ball along the lane
- Practice turn taking by pairing students up
- Encourage students to set up the skittles once knocked over

Items needed:

Masking tape
Pegs
Ping pong balls

W/C 8th March

LEGO challenge



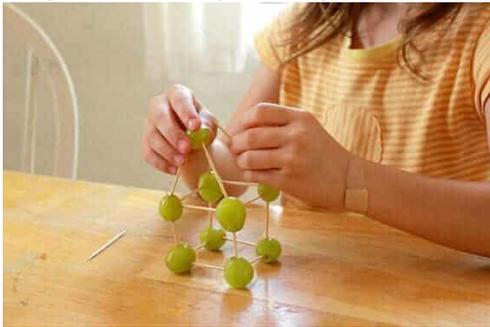
- Each child has a selection of LEGO – various colours and sized bricks
- Using 'spin the wheel again', have ~6 different options (e.g. house, car, flower, person, bridge, animal) and spin to see where it lands
<https://wheelofnames.com/>
- The students have 3 mins to build whatever object the wheel lands on
- Use a 3 min timer so the students know when to stop

Items needed:

LEGO for each student
2-3min egg timer
<https://wheelofnames.com/>

W/C 15th March

Grapes and toothpick sculptures



- Each student has a bowl with approx. 10 grapes and 10 toothpicks inside
- The children have to make a house by placing the toothpick into the grapes and connecting together
- Start off by practicing making a small house
- If this is completed quickly, see what else you can make!
- You may wish to have an image of a house on the board for reference

***please be aware of any food allergies**

Items needed:

Grapes
Toothpicks

W/C 22nd March

Salt dough pinch pots



- Firstly, you need to make the salt dough. This is really easy to do and all you need is plain flour, salt and water
- Each student has 1 cup of flour, half a cup of salt and half a cup of water
- Mix flour and salt together in a bowl and then slowly add the water
- Knead until a dough is formed
- Start off your pinch pot with a round ball of dough and hold in non-dominant hand
- Push your thumb from dominant hand into the centre of the clay through to the bottom (leaving 2-3cm at the bottom)
- Pinch and squeeze all the way round the sides to widen the pot and make into a bowl
- Have the student mark their initials in the bottom and leave to one side to dry

Items needed:

Plain flour
Table salt
Water
Mixing bowls

W/C 29th March

Painting pinch pots



- Hopefully the student's pinch pots will be dry following the fine motor session last week
- Spend the final session painting the pots
- The child can use whichever paints they wish
- You may also want to decorate with small items i.e. beads and glue
- Students can take home when dry

Items needed:

Last week's salt dough pinch pots
Acrylic paints and paint brushes