Occupational Therapy Classroom Strategies for Kindergarten Centers

Student Name:___________________
Therapist Name:__________________ Date:__________________

Developing Pencil Grasp
□ Use clay, silly putty, or Play Doh in your centers for a variety of manipulative activities which can include ropes, balls, cookies (pushing the ball flat to make a cookie), rolling pins, cookie cutters and scissors for additional tool manipulation.
□ Use a pizza wheel, dressmakers wheel and a plastic knife – position these so that the extended index finger is placed on top of these utensils. Use in cutting playdough or copying patterns on clay.
□ Use clothespins and paper clips (different sizes) to join cards or match pairs
□ Use tongs, tweezers, strawberry hullers to practice picking up objects for sorting colors, size etc. Tongs can also be used with cotton ball art.
□ Use water in a spray bottle to have students wash the chalkboard or their work area and wipe it dry
□ Use simple tops to make them spin using various art activities or games
□ Have students pick up objects one at a time and see how many they can hold in their hand without dropping (i.e. pennies or paperclips) 3-5 objects could be an estimate.
□ Tearing paper or newspaper with the thumb opposing the index and middle fingers
□  ________________________________________________________________

Developing Right/Left Skills
□ Shake hands with each child and use a variety of modalities to impress that this is his/her right hand. Say “This is your right hand, I’m going to...
  - Stamp your hand with a smiley face, look at that!”
  - Dab some peppermint on your finger, smell it!”
  - Put some lotion on your thumb pad and index finger, rub them together.”
□ Have child raise his/her right hand and say:
  - “This is my right hand. I say the Pledge of Allegiance with my right hand.

Fine Motor Center Activities
□ During coloring, tracing, painting activities have student place sand paper underneath paper (bumpy side up)
□ Use carpet remnants to practice writing using fingers or chalk
□ Have student “write” in a clay tray, made by pressing non-hardening clay into a cookie sheet
□ Teach and provide opportunities to play simple fine motor games (i.e. marbles, Jacks, cards, Pick-up-Sticks, Cat’s Cradle, etc) during free choice centers
□ Highlight cut and paste worksheets
□  ________________________________________________________________