

Summer Activities for Fine and Visual Motor Skills

TUESDAY	THURSDAY	SATURDAY
June 20 Cut coupons out for using at the grocery store. For younger children, let them pretend to cut coupons while you cut out yours.	June 22 Blow ping pong balls across a tub of water using straws.	June 24 Make playdough-see recipe *Child will need help with this
June 27 Use playdough to make a bird's nest and small balls for the eggs (have them use 1 hand)	June 29 Put money in a bank to save for a special treat (the smaller the change the more practice).	July 1 Make cupcakes and decorate using tweezers to pick up the toppings (sprinkles/ m&ms)
July 4 Have a tea party: pour tea/ milk from a pretend teapot into cups. Cut playdough with a fork and knife for pretend cookies.	July 6 Cut straws into small pieces and string to make a necklace.	July 8 Use a rolling pin to roll out cookies or biscuits. Use cookie cutters to cut them out.
July 11 Draw a shape or letter and let your child trace over it with a color changing marker.	July 13 Play freeze tag. Chase each other. When you are tagged, you have to try to stay in one place and not move.	July 15 Pack a picnic lunch. Put items in ziplock bags and seal.
July 18 Make gak using the enclosed recipe.	July 20 Use scissors to cut gak into small pieces.	July 22 Play Simon Says using actions, not words.
July 25 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.	July 27 Hide small objects in a box of beans/ macaroni/ rice and have the child find them.	July 29 Have an aerobics session with chair/ floor pushups, knee-bends, sit-ups, etc.
August 1 Wet sand and smooth flat. Draw or write in it with a stick or finger.	August 3 Have your child on his/ her knees with a blindfold on. Have them try to find you. Move only a few feet and talk. As they improve move slightly further away and talk less.	August 5 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.
August 8 Roll down hills as many ways as you can think of (e.g. log rolling, somersaults, etc).	August 10 Make as many different animals as you can with playdough (e.g. snakes, caterpillars, spider, turtle, etc).	August 12 Tear up pieces of magazines or junk mail and glue it to a piece of paper to make a collage.
August 15 Set up an obstacle course of different textures (e.g. carpet samples, bubble wrap, paper) and negotiate without looking.	August 17 Play dress up. Try to pick clothes with a variety of fasteners.	August 19 Set up 2 buckets (one full of water, one empty). Use a sponge to transfer water from one bucket to the other.
August 22 Play with balloons. Try to keep them up in the air as long as possible.	August 24 Play simple card games such as Go Fish or Old Maid.	August 26 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.
August 29 String Fruit Loops or Cheerios on thick fishing line or plastic lacing. It can be worn as a necklace or bracelet and snacked on.	August 31 Clean the windows using a spray bottle and water.	September 1 Use an egg beater to whip up soapy water or mix kitchen ingredients. Add food coloring to make it more exciting.