Children's Occupational Therapy

Fine motor activities for 3-4 year olds

Play dough:

Squeeze dough to warm up fingers

Flatten the dough and poke holes with each finger in turn

Roll tiny balls between thumb, index finger and middle finger, these can then be squashed

inger

Blowing bubbles then popping them with index finger

Put clothes pegs onto card or onto play dough

Animals that clip together to make along chain

Threading beads to make a snake or a necklace

Colouring and then ripping paper into small squares

Pick up marbles and drop them into a container—child will like the noise it makes

Lego

Jumping frogs—press down on the frogs to make them hop, swap fingers and hands

Tiddlywinks

Glitter glue-need to be squeezed to get the glitter

Action songs—Twinkle twinkly little star, wheels on the bus, Incy wincy spider, Here is the church



Finger painting

Wind up toys

Peeling and re-sticking stickers

Stamps and ink pads

Colouring and drawing

Spinning tops





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