

# **SUMMER DEVELOPMENT** ACTIVITIES FOR KIDS



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Heather Greutman is a Certified Occupational Therapy Assistant. This product is for educational use only. The advice and tips given are not a replacement for medical advice from a physician or pediatrician. Please consult their advice if you suspect any medical or developmental delay with your child. This book and tips do not replace the relationship between therapist and client in a one-on-one treatment session with an individualized treatment plan based on their professional evaluation. Please seek out your local Occupational Therapist for an evaluation if you suspect any delays in fine motor skills or other skills with your child.

All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

## GROSS MOTOR ACTIVITIES

- Wheelbarrow walking
- Crab Walking
- Bear Walking
- Push-ups
- Sit-ups
- Crunches
- Scooter board races
- Laying on their stomachs on the scooter board, therapy ball, or swing
- Shooting baskets
- Volleyball
- Swimming
- Playing with yo-yo's
- Jump Rope
- Riding a bike
- Jumping on a trampoline
- Swinging
- Horseback riding

## VISUAL MOTOR ACTIVITIES

### Visual Perception

- Copy patterns/pictures using shapes, pegs, etc.
- Put together models
- Dot-to-dots
- Mazes
- Hidden picture searches
- Word searches
- Put puzzles together
- Use changeable markers to improve tracing skills

### Scissor Skills

- Simulate cutting motions by transferring objects with bubble tongs
- Cut straws into small pieces and string to make a necklace
- Cut play dough/putty/clay
- Cut shapes out of foam
- Cut pictures from magazines or cereal boxes

# FINE MOTOR ACTIVITIES

## Bilateral Coordination

- Roll dough with a rolling pin
- Hand clapping games
- Squeeze objects (i.e. glue) with both hands
- Use both arms to twirl streamers or scarves
- Build with building blocks
- Trace patterns on paper
- Draw a picture using stencils
- Tear lettuce into pieces to make a salad
- Spread icing on cookies, cakes, etc.

## Finger Dexterity

- Press cookie cutters into dough or putty
- Play with finger puppets
- Play pick-up sticks games
- Screw and unscrew small lids, nuts or bolts
- Fold paper (i.e. origami, airplanes, etc)
- Hold a handful of marbles, transferring one at a time into a container
- Draw shapes and write words in a variety of mediums (shaving cream, sand, finger paint, hair gel, etc).
- Draw designs on an Etch-A-Sketch board
- Play board games with small pieces to manipulate
- Use fingers to sprinkle toppings on food (sprinkles, shredded cheese).

## Grip Strength

- Squeeze putty, flour sifter, plastic squeeze bottles
- Squeeze juice from a lemon or orange
- Squeeze a spray bottle (water plants, clean windows)
- Stir batter in a bowl
- Staple papers together with a small stapler
- Use a hole punch to make dots or creative shapes

## Pinch Strength

- Peel stickers off surfaces
- Peel fruit (lemons, oranges, etc)
- Turn keys in a lock
- Deal cards
- Use tongs to pick up small objects
- Spin tops
- Play with wind-up toys
- Tear paper for art projects
- Build with small blocks
- Pick up small objects with fingers and place into containers (beans, cereal, corn kernels)
- Place coins into a bank or small slit in a lid.
- Pop bubbles on bubble wrap
- Use small rubber stamps to create a picture
- String beads to make a necklace
- Pinch clothespins (laundry, games, etc)