

Fine Motor Skills- Pencil Control

Hume Valley School Occupational Therapy Department

The focus of today's session is controlling your pencil.

1. *Regulation Activity-Walking with ball between your knees:*

This activity will help to calm our bodies down to help us focus.

WHAT YOU NEED:

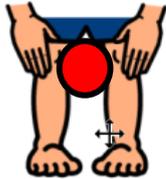
- A ball or a balloon
- Space to move around in
- Some tape on the floor to make a "start" and "finish"



ACTIVITY:

Make sure that you have lots of room to move around without running into anybody or any furniture!

1. Put the ball in between your knees



2. Walk to the finish line with the ball in between your knees. Try to keep the ball between your knees the whole time. Try to do it without touching the ball with your hands while you walk!



TO MAKE IT EASIER:

- Try using a softer ball (like a ball or balloon with less air in it).

TO MAKE IT HARDER:

- Try using hard balls.
- Try using really big balls (like a basketball) or really small balls (like a golf ball).

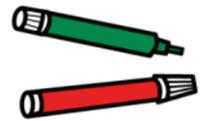
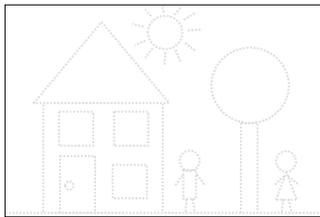
Suggested time: 3-5 minutes (more if you need it)

2. *Tracing shapes to make a picture*

The focus of this activity is shapes- tracing them to make a drawing. Try to draw on the lines as much as you can.

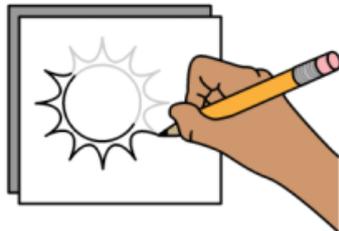
WHAT YOU NEED:

- A copy of the next page (if you can't print it ask an adult to draw something that looks like it for you to trace over)
- A pencil or texta
- If you want: A blank piece of paper, any other craft supplies (like textas, coloured pencils, glitter, glue or stickers)

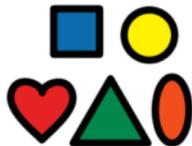


ACTIVITY:

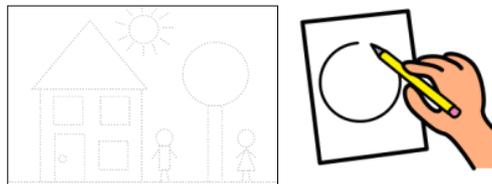
1. Draw on all of the lines with your pencil to draw the shapes that make up the picture. Try to draw on the lines as much as you can.



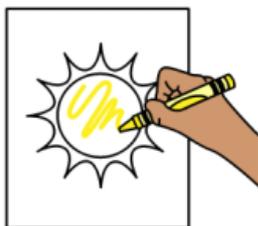
2. Look at what shapes you can see in the picture- can you name all of the shapes?



3. If you want to make it harder you can copy the picture onto a blank piece of paper.



4. Colour in your picture with your craft supplies (glitter, pencils, stickers).



Suggested time: 10 minutes

