

Fine Motor

Fine motor skills are important to accomplish every day tasks such as eating, playing and learning to write. The fundamentals to becoming efficient writers start with developing hand muscles and eye-hand coordination skills. To access some great fine motor activities click on the links below.

Printables: [Click Here](#)

Apps: [Classic Mazes](#)


[Mazes and More](#)

[Make your own maze video!](#)

Activities range
from 4-12 years

Tips of the Week!

To help with transitions:

- Establish a set time for each activity
- Use a [visual timer](#) 
- Give a verbal warning prior to the end of an activity (e.g. 5 min. left, 1 min. left, etc.)
- Make sure each activity has a clear start and finish
- Try as much as possible to encourage doing activities such as writing and drawing on a table or desk. This will encourage a more ergonomic position and prevent potential aches and pains from inadequate positional support.

Sensory

The *6 Sides of Breathing* is a technique used to give the body and mind a sense of calmness by focusing on a deep breathing rhythm. Try it for a minimum of 3 rounds before doing any activity that your child may find difficult or when your child is displaying signs of frustration and/or nervousness. We invite parents to join in as well.

[Click here to try it out!](#)



Gross Motor

Roll your dice for a movement break! Movement breaks allow children (and adults) to get their “wiggles out” and can also help to increase their ability to focus on their next learning activity.

In order for kids to learn they need to move!

[Click here to play the game!](#)

Printable Dice: [Click here](#)



Life Skills

Setting up a consistent daily routine is important to give children predictability and regulate their emotions. Visual schedules can help structure daily activities and allow children to be more independent in their daily tasks.

Printable Template: [Click here](#)

App: [CanPlan](#)

Website: <https://connectability.ca/visuals-engine/>

Week 1

Created by EMSB Occupational Therapists