

OT Friday Fun

Fine Motor Newsletter



Homemade Putty!

As your student's OT, I plan on providing you with a specific, fun activity week to encourage fine motor activities at home. Please feel free to contact me at any time with questions or concerns. Now... let's get started with making putty and play dough!

Steps for Making Putty:

1 cup of cornstarch
1/2-1 cup clear gel-like soap
Food coloring or gel colors
A small bowl and spoon for mixing

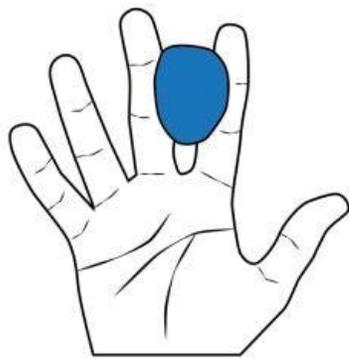
1. Place the cornstarch and soap into the bowl and mix it together.
2. Add food coloring as desired. Be careful to not stain clothing.
3. Once the putty becomes too hard to mix with a spoon, use your hands. It will become putty consistency and you're done!

Steps for Making Play Dough:

1 cup of flour (whatever kind you have on hand)
1/4 cup of salt
1 Tbsp cream of tartar (optional)
1/2 cup of warm water
5 drops of natural food coloring

1. Mix together the flour, salt, and cream of tartar.
2. Mix together 1/2 cup of warm water with a few drops of food coloring.
3. Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, then knead with your hands until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick at all.
4. Repeat process for whichever colors you want to make.

Please contact me if you have any questions.
Happy creating!



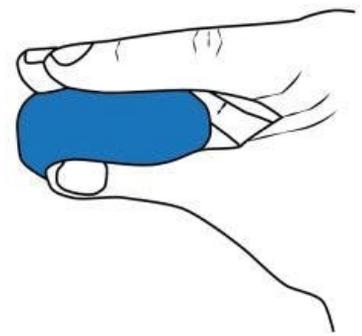
Finger Scissor



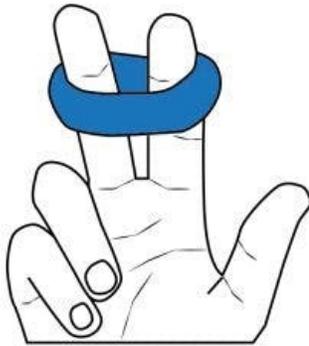
Fingertip Pinch



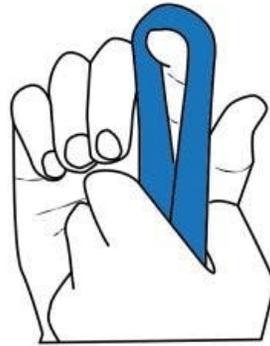
Power Grip



Flat Pinch



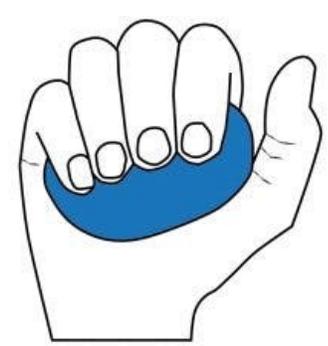
Finger Spread



Finger Extension



Finger Spread



Full Grip

1. Finger Scissors

Roll your putty into a ball and squeeze it between your fingers.

2. Fingertip Pinch

Take your rolled up putty and pinch it using your thumb and fingertips.

3. Power Grip

Grab your putty and squeeze all your fingers into it.

4. Flat Pinch

Use your straightened fingers to pinch the putty down into your thumb.

5. Finger Spread

Take your putty, stretch it out, and wrap it around two fingers to form a donut shape. Then spread your fingers apart.

6. Finger Extension

Take your putty and stretch it out. Then bend one of your fingers to make a hook and wrap the putty around the back of your finger. Once you're set up, straighten your finger using the putty as resistance.

7. Finger Spread

Take the putty, stretch it out, and wrap it around your hand in a donut shape while keeping your fingers together. Then spread your fingers out to stretch the putty out.

8. Full Grip

Take the putty and form it into a ball and squeeze down, pressing your fingers into your palm.

Exercises taken from: <https://www.flintrehab.com/2019/hand-therapy-putty-exercises/>

Please detach the top sheet and perform the exercises with your putty or dough.

OH NO!

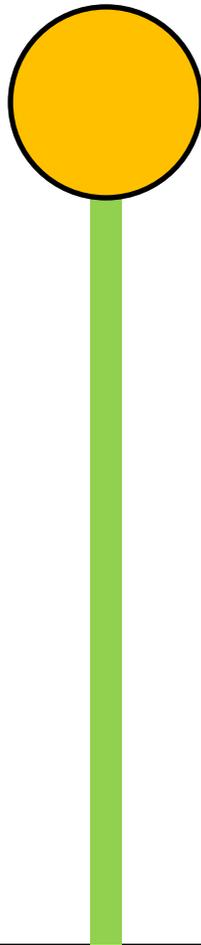
Squish all the bugs below using your dough!



Please detach the top and use it as an activity sheet with your putty or dough.

Make a Flower

Add petals to the stem below. You can add scenery, too!



Please detach the top and use it as an activity sheet with your putty or dough.

Make It Rain

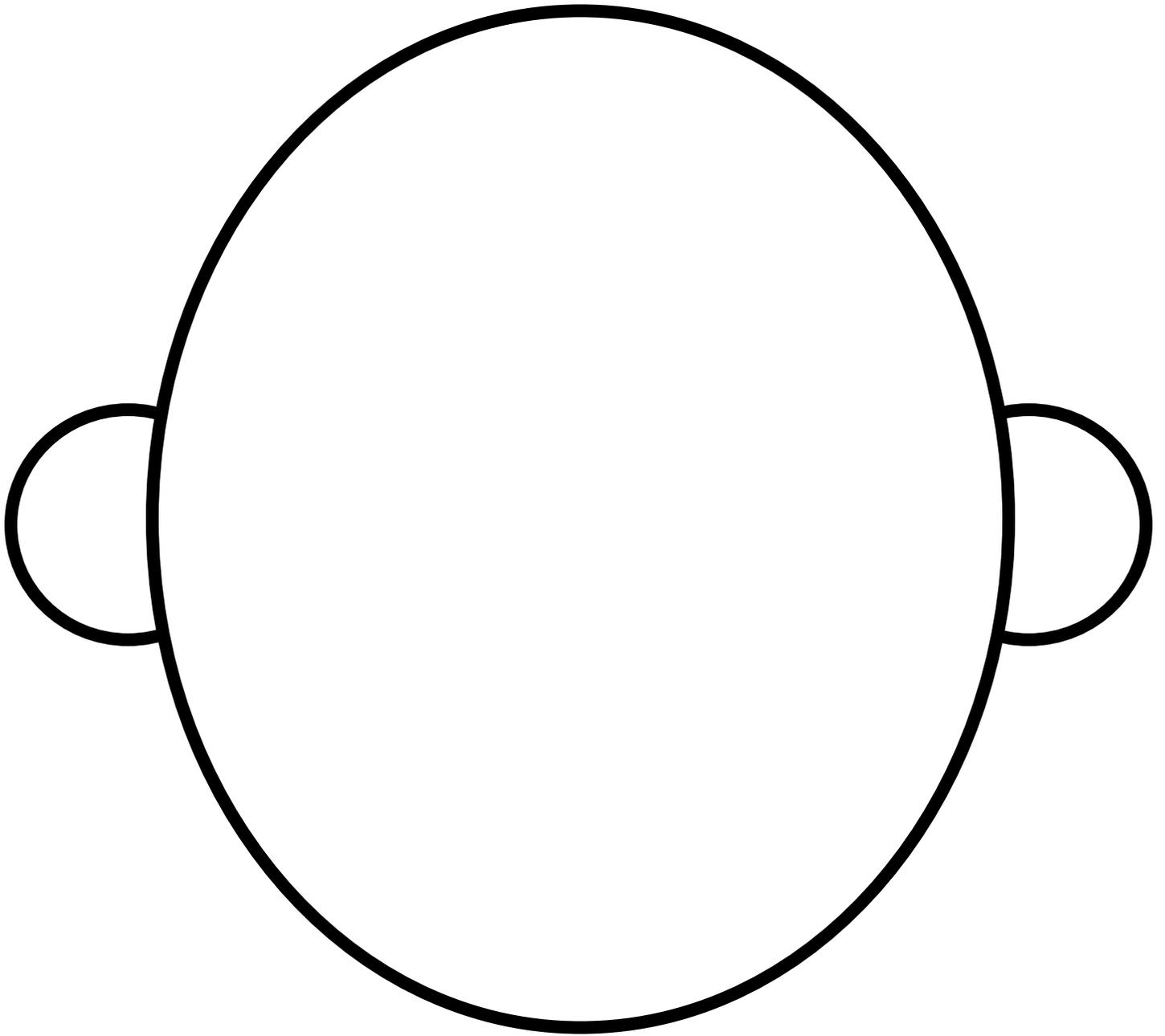
Add raindrops to show the boy walking in the rain. He might find a puddle, too!



Please detach the top and use it as an activity sheet with your putty or dough.

Make a Face

Add details to the face below. You can make them silly or serious.



Please detach the top and use it as an activity sheet with your putty or dough.

Ice Cream Cones

Add the number of sprinkles shown on the cone to each scoop of ice cream above!



Please detach the top and use it as an activity sheet with your putty or dough.