

# OT Friday Fun

## Fine Motor Newsletter



### Let's Make Fidgets!

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 fidgets!

#### How to Use Fidgets:

- Take out your fidget when you need to focus on something to help you calm down, such as after having an anxious thought or getting into a disagreement with a sibling.
- Use your fidget to help you focus while studying or listening to a book being read to you by your teacher.
- Have your fidget during times you need to increase alertness, such as when you feel bored. However, don't let it become a distraction to yourself or others.

#### Ways to Incorporate Handwriting:

- Have your student write or copy the names of the different fidgets listed in this newsletter.
- Copy sentences about what your student would like to do with their fidgets.
- Write a list about when it is appropriate to use a fidget and when it is inappropriate.
- Make a list of written "fidget rules" to use at home.

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

# Let's Make a Stress Ball!



## Materials Needed:

- Two balloons (or more)
- Scissors
- Filling (flour, beans, or sand)
- Funnel (or paper folded into a funnel shape)
- Permanent markers (optional)

## Reference

[https://](https://www.wikihow.com/Make-a-Balloon-Stress-Ball)

[www.wikihow.com/Make-a-Balloon-Stress-Ball](https://www.wikihow.com/Make-a-Balloon-Stress-Ball)

## Instructions:

1. Stretch out a standard balloon to make it bigger for filling.
2. Insert a funnel into the neck of the balloon.
3. Pour about 1/4 cup of the filling into the balloon using the funnel.
4. Tie a knot at the end of the first balloon. Cut off any excess material past the knot.
5. Cut the neck off of another balloon, then stretch the opening wide and fit it around your filled and tied balloon. This keeps it secure and less likely to break or spill.
6. Add as many layers or decorate the balloon with permanent markers if desired. Happy squeezing!

Please use the above sheet for instructions on how to make the designated fidget.

# Let's Make a Stick Fidget!



## Materials Needed:

- Craft stick (decorated if desired)
- Pipe cleaner
- Beads
- Tape
- Rubber Bands (optional)

## Instructions:

1. Cut a pipe cleaner to fit the length of a craft stick plus an additional 2 inches.
2. Slide several beads onto the pipe cleaner.
3. Place the pipe cleaner on the craft stick and bend the excess pipe cleaner around the two ends of the stick so that the extra pipe cleaner is on the backside of the stick.
4. Attach the ends with a strip of tape over the length of the pipe cleaner on the backside of the stick.
5. If desired, wrap rubber bands around each end of the craft stick to secure the pipe cleaner.

## Reference

[https://  
www.theotttoolbox.com/desk  
-fidget-tool-for-school/](https://www.theotttoolbox.com/desk-fidget-tool-for-school/)

Please use the above sheet for instructions on how to make the designated fidget.

# Let's Make a Soda Tab Fidget!



## Materials Needed:

- Soda tabs (metal or plastic)
- Key ring (or binder ring)
- Nail polish (optional)

## Instructions:

1. Open the key ring.
2. Place the number of desired soda tabs onto the key ring.
3. If you're using a binder ring instead of a key ring, make sure to close the binder ring.
4. If you want to change the color of your fidget, you can paint it with nail polish. However, take care to make sure it is completely dry before fidgeting and do not chew on the finished fidget.

## Reference

<https://>

[www.steamsational.com/](https://www.steamsational.com/)

[diy-fidget-toy/](https://www.steamsational.com/diy-fidget-toy/)

Please use the above sheet for instructions on how to make the designated fidget.



# Let's Make a Spinner!



## Materials Needed:

- Cardboard (like from cereal boxes)
- 3 quarters
- Toothpick
- Scissors
- Pin
- PVC glue (or hot glue)
- Glue stick
- Printed template (next page)

## Reference

<https://www.redtedart.com/easy-fidget-spinner-diy-free-template/>

(with video for instructions)

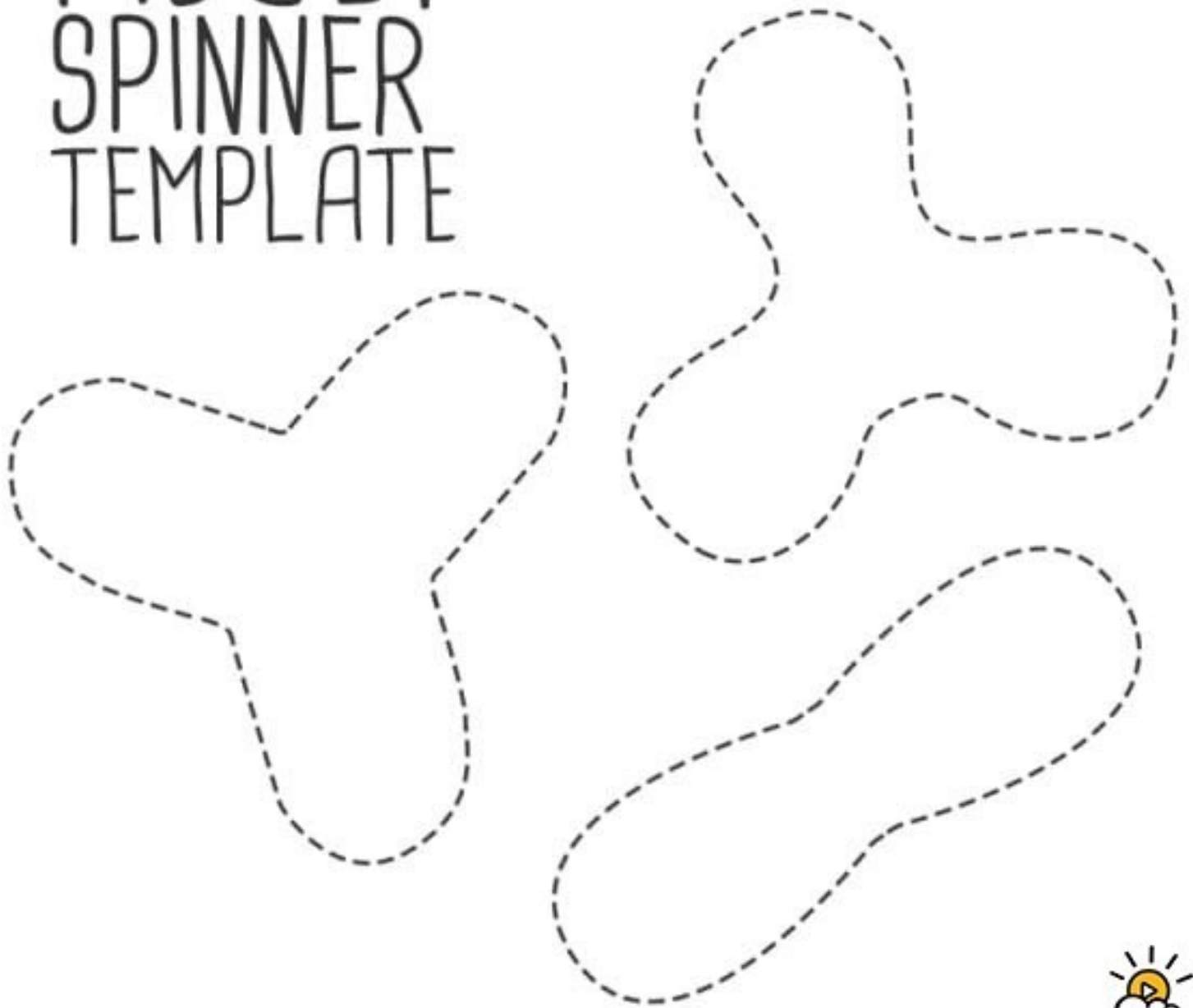
## Instructions:

1. Cut out designated template (one with three wings).
2. Trace template onto cardboard twice. Cut out the two cardboard fidget shapes.
3. Glue the two cardboard shapes together using a glue stick so that they are completely aligned.
4. Decorate the cardboard as desired.
5. Glue the 3 quarters onto the ends of the fidget spinner using the PVC glue. Make them equidistant from the edge with one on each wing. All quarters should be on the same side of the fidget.
6. Cut out two circles on another piece of cardboard to make the holding mechanism.
7. Fold the paper template to find the center of the spinner. Place the paper template over the cardboard spinner and pierce a whole in the center of the cardboard using a pin.
8. Stick a toothpick into the hole in the cardboard spinner and move it around to widen the hole.
9. Pierce a hole into each of the cardboard circles using the pin.
10. Place a cardboard circle at the end of the toothpick with the toothpick going through the hole. Place the spinner through the toothpick and on top of the circle.
11. Place the second circle on top of the spinner with the toothpick going through the hole of the second circle. Make sure everything is placed correctly.
12. Put glue over the ends of the toothpick where it touches the outside of the cardboard circles. Take care that the glue does not touch the cardboard spinner shape inside. Once dry, cut off the excess toothpick and spin away!

Please use the above sheet for instructions on how to make the designated fidget.

# Let's Make a Spinner!

FIDGET  
SPINNER  
TEMPLATE



SOURCE: <https://www.isanna.tk/date/2019/03>

Please use the above sheet and cut on the dotted lines to make your fidget spinner.