Use eyes and hands together:
Make the shapes – vertical, horizontal, diagonal lines, circle, triangle, square, and cross
Trace over chalkboard writing with brush dipped in water
Paint with brush or Q-tip
Draw on- chalkboard, white board, MagnaDoodle, vertical surfaces
Write in- shaving cream, clay, finger paint, tray of cornmeal
  Lacing cards
  Build with Legos or blocks
  Sort small objects
  Place pegs in pegboard
  Hammer golf tees into Styrofoam

Encourage the development of hand dominance; use both hands at once in an activity.

Use two hands to:
Wash the car
Dust the furniture
Hammer nails into a slice of tree trunk
Rhythm games
Sponge paint
Rolling pin to flatten
Wring out dish cloths and sponges

Cutting with Scissors:
Scissors point away from the body
Thumb is on the “up” side
Use the scissors like talking puppets, have the child mimic your movements (slow opening)
Snip clay, paper plates, Styrofoam, craft foam.
*Cutting skills progress in this order: snip, cut simple lined shapes, cut simple curved shapes, cut multidirectional shapes.

Finger Paint
3 tablespoons sugar
1/2 cup cornstarch
2 cups cold water
Few drops food coloring

Mix sugar and cornstarch. Add water and cook over low heat until well blended. Divide into 4-5 portions. Add food coloring plus a pinch of detergent. Refrigerate left overs.

Play Dough
4 cups flour
2 cups salt
2 tablespoons powdered alum
2 tablespoons oil
3 cups boiling water

Mix dry ingredients, forming a valley. Pour in oil and boiling water and add food coloring. Mix, then knead until smooth. Store in an airtight container.

H. Frazier in collaboration with the Occupational Therapy Department Lake Washington School District Special Services 1995