

# FINE MOTOR, VISUAL MOTOR, SELF REGULATION, SELF HELP ACTIVITIES

## **BLOG CREDIT - OT MOM LEARNING ACTIVITIES**

- <https://www.ot-mom-learning-activities.com/hand-exercises-for-kids.html>
- <https://www.ot-mom-learning-activities.com/playdough-activities.html>
- <https://www.ot-mom-learning-activities.com/fine-motor-activities.html>
- <https://www.ot-mom-learning-activities.com/visual-motor-integration-activities.html>
- <https://www.ot-mom-learning-activities.com/gross-motor-activities.html>
- <https://www.ot-mom-learning-activities.com/cutting-activities.html>

## **BLOG CREDIT - INSPIRED TREEHOUSE**

- <https://theinspiredtreehouse.com/activities-index/>
- <https://theinspiredtreehouse.com/activities-for-kids-movement-breaks-to-help-kids-stay-alert-and-focused/>
- <https://theinspiredtreehouse.com/visual-schedule/>
- <https://theinspiredtreehouse.com/paying-attention-30-sensory-strategies/>

## **BLOG CREDIT - OT TOOLBOX**

- <https://www.theottoolbox.com/shoe-tying-tips-and-tools-for-kids/>
- <https://www.theottoolbox.com/teach-kids-how-to-use-zipper/>
- <https://www.theottoolbox.com/cooking-with-kids/>
- <https://www.theottoolbox.com/organization-activities/>
- <https://www.theottoolbox.com/outdoor-recess-sensory-diet-activities/>
- <https://www.theottoolbox.com/indoor-play/>