

## Ways to Build Fine Motor Skills in the Great Outdoors

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Here are some outdoor activities that promote fine motor skills to help you and your kids take advantage of the lovely spring weather.

### Fine Motor Skills

Spending time outside can provide a fun change of scenery for working on fine motor skills. We've rounded up some functional and project-based ideas for you to try out.

#### Infant/Toddler

- Dig in the dirt using different 'tools' (ex. sticks, small trowel/shovel, with sand-box toys, etc.)
- Pull weeds
- Chalk scribbles



#### Pre-school

- Help plant a garden – digging holes for seeds, weeding, picking up one seed at a time, etc., all are great ways to functionally work on fine motor skills. Grow an inside garden by decorating plastic cups with markers, googly eyes, stickers, etc. (all great fine motor activities too!) and plant fast-growing grass to provide scissor practice in a couple of weeks.
- Sidewalk alphabet – take chalk and write letters on the sidewalk. You can have your child trace the letters with chalk, a small bit of wet sponge or paintbrush with water, or even

try spraying each one in the shape of the letter with a spray bottle.

#### School-age

- Have older children practice handwriting by writing out positive messages and drawing happy pictures on the sidewalk with chalk
  - Still-life painting: have children find something pretty outside (flowers blooming, budding tree, etc.) and paint the scene
- Enjoy yourselves in the outdoors this week and share some photos of what you decided to do and the amazing things you found.

\*\*All children activities should occur under parental supervision.