



Fine Motor Obstacle Course I

Supplies Needed:

1. Tongs
2. Fuzz Balls or marbles
3. Egg carton
4. Colored paper squares
5. Glue/Glue stick
6. Foam Alphabet letters
7. Sensory bin filled with rice/pasta/bean/bark/shredded paper/sand, etc. bin (to hide letters in)
8. ADL bin containing items such as; lunch boxes, shirts w/buttons, snaps, markers & lids, etc.)
9. Paper and markers
10. Bubble wrap (easily found for free at Home Goods, TJMaxx, and other department stores)

Activities:

1. Tong up the items [fuzz balls and marbles]. (they can be in a bowl of water, or in a bucket to transfer to another bucket – cross midline of body if possible)
2. Pick up small items and place 1 into each spot of the egg carton.
3. Place a paper on top of the figure outline and trace it.
4. Glue colored paper squares onto the line. (advanced clients can cut out squares)
5. Retrieve foam alphabet letters hidden in a sensory bin of rice etc. with eyes closed.
6. ADL bin (snaps, zippers, fasteners, zip lock container lids, etc)
7. Snap the bubble wrap.
8. Write in the clouds.

