

## Task Box Ideas (great for FM obstacle courses too!)

- \* **Sorting-** marbles, beads, caps, utensils, laundry, pen & pencils, papers, shoes, etc.
  - \* **Lids-** markers (dry ones work well), containers, etc.
  - \* **Zippers-** lunch boxes, jackets, ADL boards, etc.
  - \* **Stacking-** blocks, Legos, Crackers, cardboard, carpet squares, etc.
  - \* **Inspecting & Sorting-** fruit, rocks, pictures, etc.
- \* **Squeezing-** Koosh ball, TheraPutty, stress balls, bean bags, cotton balls in baggie, etc.
  - \* **Matching-** marbles, dots, pictures, yarn balls, Legos, hair ties, etc.
  - \* **Stirring-** sand, beans, barley, water/flour mix, etc.
  - \* **Cutting-** paint samples, colored paper strips, celery, TheraPutty, snowflakes, etc.
- \* **Sounds-** variety of bells, google eyes, snaps, Velcro strips, uncooked spaghetti, keyboard, etc.
  - \* **Pinching-** colored rice pick up, cards, large & small paper clips, etc.
  - \* **Pulling-** TheraBand, Rope Tying or pulling up on, beach towel w/weights, etc.
- \* **Tearing-** paper, fabric, tape, cardboard, tea bags, coffee filters, tin foil, paper plates, etc