



## OT TOOL BOX

Make a special box with some inexpensive objects to work on fine motor and visual motor skills (everything can be found at the dollar store)!

### Supplies:

Shoe box (or similar container with top)

15 clothespins

15 cotton balls

Shoelace

10-15 Small beads (for shoelace)

Small container with slot cut on the top

15-20 pennies

Ice tray or egg carton

Tongs or tweezers

Junk mail

### Exercises

1. Put the clothespins around the edge of the box. Also put them around a strip of cardboard (thumbs up position).
2. Use one clothespin to put the cotton balls in the ice tray.
3. Put the beads on the shoelace. See how fast your child can do it!
4. Put the pennies in the slot of the container. Try to use one hand only to pick up several pennies then put them in one at a time.
5. Use the tongs or tweezers to put the cotton balls in the iced tray.
6. Use fingertips to tear up junk mail in half and then in half again. Hold all the pieces in one hand, ball up the pieces one at a time with the other hand (squeezing, and not using your body!), and then toss the ball in the trash to make a basket!

\*\* Make sure with clothespins, tongs and tweezers your child is using thumb, index and long fingers to encourage a tripod grasp (appropriate pencil grasp). Ideally the ring and small finger should be slightly tucked into the palm.

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