

### Occupational Therapy Resources

<file:///C:/Users/tangenb/Downloads/cursivelowercaseformations.pdf>

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- <file:///C:/Users/tangenb/Downloads/cursivecapsformations.pdf>
- Do a 'control click' on the site above to open; make sure cursor is on the link

\*Students should complete activities for 30 min. 2/wk  
Brenda Tangen, COTA/L 742-2199 or (605) 698-7613 ext.1

OT Fine Motor/Visual Motor	OT Fine Motor/Visual Motor	OT Fine Motor/Visual Motor	OT Fine Motor/Visual Motor	OT Fine Motor/Visual M
<p><b>Letter Formation:</b> Draw the letters of the alphabet in corn meal, flour, salt or sand in a tray. See letter chart above</p>	<p><b>Letter Formation:</b> Finger paint the letters of the alphabet on paper</p>	<p><b>Letter Formation:</b> Write the letters of the alphabet in shaving cream, pudding (dry or prepared)</p>	<p><b>Letter Formation:</b> Air write letters of the alphabet or use your finger to draw on your child's back and let them guess; then have them draw</p>	<p><b>Letter Formation:</b> Use a flashlight to draw the letters of the alphabet on a wall in a dimly lit room.</p>
<p><b>Letter Formation:</b> Use straws, popsicle sticks, yarn, pipe cleaners or other materials to build the letters</p>	<p><b>Letter Formation:</b> Place a piece of paper over sandpaper or needle point canvas and use a crayon to write the letters of the alphabet</p>	<p><b>Letter Formation:</b> Write the upper and lowercase letters on a recipe card; have your child trace the letters with various crayons to make "rainbow letters:</p>	<p><b>Letter Formation:</b> Ask your child to find letters on household items (magazines, cereal boxes, etc.) Write the letter 1 time. Play "I Spy....letter r")</p>	<p><b>Letter Formation:</b> Use household items (cotton balls, buttons, noodles, dried beans to make a mosaic in the shape of letters</p>
<p><b>Fine Motor:</b> Use a tweezers to pick up small items (pom pom balls, cotton balls, etc) one at a time and place in a container. (race against a timer; count the items)</p>	<p><b>Fine Motor:</b> Use a turkey baster to squeeze and blow items (feathers, cotton balls) across the table to designated letter or picture.</p>	<p><b>Fine Motor:</b> Use clothespins to make a fence for toy animals by clipping them around the edge of a box lid; write letters on clothespins and spell things or put in abc order.</p>	<p><b>Fine Motor:</b> Use playdough to form letters of the alphabet</p>	<p><b>Fine Motor:</b> Tear paper into small pieces using a pincer grasp (thumb and pointer finger) and glue on to paper to form the letters of your name, a shape or picture</p>
<p>Time: Date Complete:</p>	<p>Time: Date Complete:</p>	<p>Time: Date Complete:</p>	<p>Time: Date Complete:</p>	<p>Time: Date Complete:</p>
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- [https://www.lwtears.com/sites/default/files/English\\_print\\_letterCharts.pdf](https://www.lwtears.com/sites/default/files/English_print_letterCharts.pdf) [Brenda.Tangen@k12.sd.us](mailto:Brenda.Tangen@k12.sd.us)
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