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Date: **04/09/2020**

Activity: **Fine Motor/ Pre-Braille**

Description: A simple activity using playdough that you can do at home with your child that is not only fun, but can help develop the use of their hands and increase strength and coordination for daily and school related activities. Also a simple way for those wanting to practice pre-braille skills at home.

Materials: Playdough or Clay

Instructions:

Before you begin let your child pick which hand they want to use to manipulate the playdough with. They can use whichever hand they prefer as well as switching hands when they want.

Activity:

- Give your child some Playdough and have them practice squeezing the playdough in the palm of their hand, by closing and opening their fingers.
- After Squeezing the Playdough have your child then practice using their thumb and index finger to pitch off either tiny or large pieces of playdough.
- After pitching off different sizes of playdough see if your child will roll the playdough into a ball or make a snake. Try to encourage them to use both hands, but if they prefer they can use one hand and the table to roll their creations.
- After working with both hands, have them roll the playdough and flatten it out like cookie dough. Have your child practice finger isolation by making finger prints in the playdough.
- Lastly give them some free time to manipulate the playdough on their own and see what type of creations they can come up with. Them being able to manipulate playdough different ways will help with finger and hand strength, even though it looks like they are just playing.