

2-3 YEAR OLD FINE MOTOR

2 years

- Stack up to 4 blocks or more
- Homemade "switch" board: board with different door handles and light switches glued on that they can manipulate

2 years

- Pretend food play with plastic utensils
- Coloring activities (child should be able to scribble)
- Fill little containers with cotton balls so child can dump it out

2.5 years

- Homemade Sensory play
- Taste: Applesauce based finger paint
 - Tactile: dry rice or bean bin
 - Visual: dyed dry rice bin
 - Smell :Dip cotton balls in different oils/ products(lemon juice, cinnamon)
 - Hearing/Audio :Make "music" with household items

3 years

- Draw a shape (circle or square) and have them copy it in a different color to make your own artwork
- Make a collage by having child cut out shapes with child-safe scissors

Extras

- Vestibular input: homemade obstacle course with pillows, blankets, and chairs for crawling, jumping, and balancing
- Proprioceptive input: "burrito roll" wrap them in a blanket and roll them out
 - Let kids make a mess and problem solve how to clean it

