## **Children's Occupational Therapy**

## Fine motor activities for 11-16 year olds

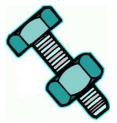


Meccano

Model building kits

Lego

Knex



Card games (Snap, solitaire, pairs)

Pick up sticks

Nuts and bolts

Computer games—manipulating buttons/joystick controller

Modeling with clay, plasticine

Screwdriver

Hammering

Sewing / Threading / Lacing / knitting / cross stitching

Making friendship bracelets

Paper tug of war

Thumb wars

Connect 4

Flick football

Pop bubble wrap with finger tips

Rubber bands are placed around child's fingers, the child moves their fingers in different patterns

Finger taps

Pencil exercises

Peg boards



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