

Occupational Therapy Home and Class Activities

Student Name: _____ Date: _____

Therapist: _____ School: _____

Contact: _____

Hand Coordination Using Small Crayon Pieces

To practice in-hand coordination, hold two small crayon pieces in your hand. Hold one of the pieces in your palm, and the other piece in your finger, ready to color.

Use either the circle paper, or the rainbow paper.

You first draw with one color, then, trying not to help with your other hand, you switch the other color to your fingers and draw with it. Then you switch back to the first color and draw with it.

This activity helps you improve the coordination of your whole hand by being able to move objects around in your hand.

Practice Making Circles



