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**Ideas for kindergarten readiness for OT skills**

- Tongs can use kitchen utensils or games that include tongs, clothes pins
- Pouring activities, measuring cups, cooking activities mixing with spatula
- Scissor activities- cutting playdough, cutting tissue paper, cutting straight lines across paper
- Tearing at tissue paper, construction paper to create art projects
- Shaving cream play, drawing shapes or letters
- Sand/water table play
- Finger puppets to isolate digits and work on finger dexterity
- Making jewelry threading small beads on pipe cleaner or strings
- Q-tip painting working on grasp
- Finger painting
- Highlighting different shapes, letters and having the student attempt to color over line
- Peg board games
- Upper body strengthening games- wheelbarrow walking, bear crawling, crab walking
- Playground encourage climbing- take them to a new playground that challenges then a place they are not familiar with
- Building towers with different types of blocks, resistive such as legos

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