

Occupational Therapy

Sidewalk Chalk Twister



Steps:

1. Draw grid of circles with chalk.
 - Have children help as much as possible with the drawing of the circles to help work on their fine motor skills.
2. Fill in circles.
 - For younger children fill in the circles with different colors, letters, or shapes. For older children fill in the circles with sight words or math problems
 - Have the children help as much as possible with filling in the shapes as this helps develop their grasp, precision and handwriting.
3. Call out a letter, color, shape, word, math problem, etc. and have kids place hand or foot of choice on circle. You can show letter or word written out on card for visual help.
4. Go through four rounds and switch players.