

## SUMMER FINE MOTOR FUN

Summer is the perfect time to keep little hands active and strong through fun, everyday play. Fine motor skills (those small but mighty movements in the hands and fingers) are essential for handwriting, self-care, and managing school tools. Here are some playful, occupational therapy (OT)-approved ways to sneak in handwriting practice and fine motor strengthening:

- **Sidewalk Words** - Write names, sight words, or silly sentences in BIG colorful chalk letters on the driveway or sidewalk. Add water to a sponge and "erase" them to work finger muscles! Add a spray bottle and have your child aim and erase letters.
- **Water Painting** - Use a paintbrush and bucket of water to "paint" letters or pictures on fences or walls. Add food coloring for a splash of color!
- **Clothespin Nature Hunt** - Attach clothespins to a bucket and write a color or shape on each. As your child finds matching items in the yard (ex, green leaves), they clip them in place — a great exercise for developing a pincer grasp and finger strength.
- **Water Squeeze Wars** - Fill a bucket with water and give your child a sponge. Have them soak it, squeeze the water into another container, and repeat. Squeezing builds hand muscles and is lots of splashy fun!

## WHO ARE THE EDIS RELATED SERVICE PROVIDERS?

We are a team of 7 occupational therapists and 1 physical therapist that provide educationally relevant therapy services to children ages 3-21 in the schools within the Kaiserslautern Military Community. School-based therapists support students receiving special education services. Our team works closely with teachers, staff, and families to promote student growth and independence. We focus on improving functional motor skills that impact a student's ability to make progress in their educational environment. Some areas therapists address in the school setting include:

- **Fine Motor:** We provide interventions to support fine motor skills that enhance classroom participation.
- **Gross motor:** We provide interventions to support gross motor skills that impact campus navigation and student participation.
- **Sensory Regulation:** We provide strategies, educate staff, and recommend environmental modifications to improve student participation.

Some students may not qualify for school-based PT or OT services because the concern is not directly impeding the child's access to the curriculum; however, they may benefit from medical OT/PT outpatient services. Medical OT/PT services differ from school-based services.

## Gross Motor Activities for Kids!

Gross motor games are a fun way to boost core strength, balance, and coordination. Gross motor movements involve the use of large muscle groups. These are essential for students to maintain a variety of seated positions and to travel around school. Below are some physical therapy (PT) approved activities that are perfect for building gross motor skills. Let's get moving!

- **Obstacle Course Challenge** – Jump over, crawl under, balance across—build a mini course!
- **Animal Relay Races** – Gallop like a horse, hop like a frog, or crab walk to the finish!
- **Balloon Volleyball** – Indoors or outdoors, keep the balloon off the ground!
- **Water Cup Relay** – Fill a cup, carry it carefully, and pour it into a bucket.
- **Beach Towel Tug-of-War** – Builds strength and teamwork with a splash of silliness.
- **Family Fun Challenge- 5 Activities in 5 Days-** Make this a fun family goal and celebrate with a popsicle party

## COMMUNITY EVENTS

- **Take and Make Crafts**  
Every Wednesday 1200  
Ramstein and Vogelweh Libraries
- **Storytime**  
Tuesdays 1100  
Vogelweh Library
- **Full STEAM Ahead**  
Tuesdays 1530  
Landstuhl Library
- **Sensory Story Time**  
2nd Friday 1000  
Ramstein Library
- **Talented Toddlers Storytime**  
Tuesdays 1000  
Landstuhl Library
- **Junior Geniuses**  
Wednesdays 1000  
Landstuhl Library
- **Baby Brilliance**  
Thursdays 1100  
Landstuhl Library



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