



LOOK LOOK LEARN, LLC

OCCUPATIONAL THERAPY ACTIVITIES

Jack and the Beanstalk

Beans offer a variety of motor challenges, but also provide a wide assortment of colors, textures, sizes, shapes, and even tastes for kids to work with. Manipulating beans for art activities requires dexterity and motor planning, while providing children opportunities to develop sensory integration skills.

Here are some ideas for strengthening fine motor skills, proprioceptive & vestibular development, and both sensory & self regulation:

Bean Sort

Bean Bag Toss

Bean patterning

Beanstalk cutting (Strips of paper, plant stems, etc)

Gold Coin Counting

Bean Finger Hockey

Bean Tasting

Bean Playdoh Search

Milking the Cow (Fill with water a latex-free glove that has a pinhole cut in one finger.

Have children 'squeeze' the finger to "milk the family cow")