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| Activity  | **Q-tip Painting**  |
| Materials  | Q-tips Washable paint Printer paper, watercolor paper or cardstock Picture Template (optional!) Create your own or cute and paste one of these links for a print-out: <https://drive.google.com/file/d/0B7HU0DcVrlesVzNPSmdWczQtVzQ/view?usp=sharing> <http://www.makinglearningfun.com/themepages/DoaDotMiniMarkerPage.htm>   |
| Skills Targeted  | Fine Motor grasp, hand/finger strength, fine motor force, sensory tolerance  |
| Instructions:  | 1. Gather materials. Set up paper/picture with dots and different paint colors with one q-tip for each color of paint.
2. Talk about/demonstrate use of q-tip to make dots to color and/or create a picture. Demonstrate how pressing down lightly will make a small dot, more pressure will create a larger one.
3. Encourage student to hold q-tip with pads of thumb and index finger while filling in dots to create a picture.

 Inserting image...  |
| Modifications:  | 1. Have child “paint” letters using same sequencing they would for drawing letters (starting at the top)
2. Cut q-tips in half to accommodate small fingers
3. For more challenge:
4. Encourage child to use a different color one each side of q-tip and to flip the q-tip from one color to other without using other hand (in-hand manipulation) while painting
5. Have child complete activity while lying prone on tummy or while paper is taped to wall for shoulder strengthening

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