

# Ability Activity Suggestions

**NOTE:** MANY ACTIVITIES CAN ADDRESS ALMOST ALL THE ABILITY AREAS WITH SOME THOUGHT. THE DOTS (●) LISTED CAPTURE THE MAIN BENEFITS OF EACH ACTIVITY, BUT THERE ARE MANY OVERLAPS. FOR EXAMPLE, TALKING YOUR CHILD THROUGH YOUR CHOSEN ACTIVITY INCLUDES COMMUNICATION IN EVERY CASE.

ACTIVITY SUGGESTIONS	GROSS MOTOR SKILLS	REACH	FINE MOTOR SKILLS	BILATERAL HAND FUNCTION	VISUAL MOTOR SKILLS	COMMUNICATION	EVERYDAY ACTIVITIES	SENSORY SKILLS
BALL PLAY	●	●		●	●			
BRUSH TEETH/HAIR		●	●		●		●	●
BUILDING BLOCKS		●	●		●			
CHOOSE CLOTHES						●	●	
CLAPPING HANDS TO SONG/CLAPPING GAMES	●			●		●		
CLEAN THE TABLE	●	●	●				●	
DO THE WASHING UP	●	●	●	●	●		●	●
DRAWING AT THE TABLE			●		●			●
DRESSING - ZIPS AND BUTTONS			●	●	●		●	
FOLLOW TOYS WITH EYES					●	●		
GETTING ITEMS FROM CUPBOARDS, FRIDGE ETC.	●	●		●		●	●	
JIGSAWS			●	●	●	●		
PASS OBJECT FROM ONE HAND TO ANOTHER			●	●	●			
PICKING UP SMALL OBJECTS E.G. LEGO PIECES, BEADS ETC.			●	●	●			
PIN THE TAIL ON THE DONKEY	●	●	●			●		
PLAY-DOH			●	●				●
POINT AND NAME OBJECTS	●	●	●		●	●		
POINT AT OBJECTS TO ENCOURANGE LOOKING	●	●	●		●	●		

Continued overleaf...

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POPPING BUBBLES	●	●	●	●	●			●
PUSHING PASTA/BEADS ETC. INTO PLAY-DOH			●		●			●
ROLL PLAY-DOH INTO BALLS			●	●	●			●
SET THE TABLE	●	●	●	●	●		●	
SIMON SAYS	●	●		●	●	●		
SKITTLES/BOWLING	●	●		●				
SORTING TOYS BY COLOUR					●	●		
SORTING TOYS BY SIZE					●	●		
SQUEEZING BOTTLES			●	●				●
TABLE TOP SAND PLAY	●	●	●	●				●
TEARING AND STICKING PAPER			●	●	●			●
THROW AND CATCH A BALLOON, BALL, BEANBAG ETC.	●	●	●	●	●	●		
TOUCHING OBJECTS OF DIFFERENT TEXTURES						●		●
USE ROLLING PIN FOR COOKING OR PLAY-DOH	●		●	●			●	
USING UPSEE IN BRIGHT/DARK AREAS						●	●	●
USING UPSEE IN QUIET/NOISY AREAS						●	●	●
USING UPSEE WITH SLOW/FAST MUSIC	●					●	●	●