

## Fine and Gross Motor Activities

# Cutting Activities



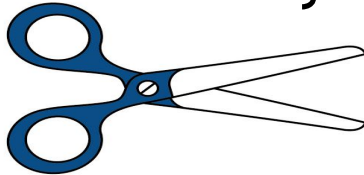
April 21, 2020



## Motor Activity All Ages April 21, 2020

### **Learning Targets:**

Fine motor manipulation and control, bilateral motor skills, eye-hand coordination, hand strength, project assembly, gross motor movement and sensory input.





# Cutting Activities

- Cut strips of construction or color/draw on plain paper to make paper chain or windsock
- Cut strips into small squares, glue on paper to create mosaic picture
- Cut out shapes (circle, square, rectangle, triangle) then assemble to make house or other picture design
- Cut concentric circle to make hanging spiral





# Mix It Up!



Cutting a variety of textures and thickness strengthens hands and also provides sensory feedback

- Thickness challenge: cut cardstock, cardboard, paper towel roll, paper plates
- Cut playdough, cooked pasta
- Cut textures: straws, yarn, ribbon, felt





## Tips for positioning and safety

- Maintain a thumbs-up position of scissors and also of assisting hand on paper
- Maintain good postural control while sitting on a stable surface
- Always point scissors away from you
- Keep your attention and eyes focused on cutting
- Practice cutting while standing still





# "Scissor Moves"

## Sensory Breaks & Gross Motor Movement

**Scissor Jumps:** Position one leg in front of the other. Jump up and switch legs so the opposite leg is forward. This is a stay-in-place exercise!

[Scissor jump into hoops](#)

[Scissor Jump](#)



**Scissor Legs:** Lying on your back or sitting in a chair, move your legs like a pair of scissors - up/down, in/out, with legs moving in opposite directions.

Try "scissor jumping" or "scissor legs" to this Patty Shukla song:

[Jump! Children's song by Patty Shukla \(DVD version\)](#)

