

Reset Fine Motor Tasks



Directions

This activity involves soothing tactile and visual input to calm the nervous system and support someone to feel better when their arousal levels begin to heighten. This can be when anxious or if someone becomes too excitable.

Reset fine motor tasks are 1-2 minute fine motor activities that the person can easily complete. These help calm the central nervous system as they require minimal thinking but lots of attention, and they shouldn't become frustrated as the task should be quite easy for them. This can help them feel ready for learning/ further activities. They ensure the person ends the task in a calm and alert optimal arousal state.

Reset Fine Motor Tasks

This activity supports:

- Self regulation
- Sensory calming
- Nervous system responses
- Visual processing and discrimination
- Tactile processing and discrimination
- Fine motor skills

Precautions

None

Equipment ideas:

- Threading – thread and buttons or beads
- Cutting activities
- Matching activities
- Building a lego structure
- Making a specific play dough structure
- Threading cheerio's on dried spaghetti
- Copying a simple drawing /shapes