

# Simple Drop Activities

Drop activities are a way to engage your child in fun play, while also working on their fine motor skill development. Examples below use pom poms and other objects around the house. If your child is just starting to drop items into containers, start with removing the lids and progress to smaller openings, providing the just-right challenge for them.

**Always watch your child so they don't put small items in their mouth.**



## Slushy Cup

- \*\*Outlining the opening with brightly colored electrical tape or duct tape helps make it more visible
- \*\*You can also use cut straw pieces or other small objects
- \*\*Your child can remove items from ice cube trays to prompt a tripod or pincer grasp



## Cool-Whip Container

- \*\*Cut opening(s) using a utility knife on a cutting board
- \*\*Vary the opening to match the object shape
- \*\*Making the hole a bit smaller than a pom pom, prompts the use of an isolated index finger to push it through
- \*\*Can also use Duplo pieces or small toys
- \*\*Hard objects make a noise when the container is shaken



## Water Bottle

- \*\*Use a bottle your child can hold comfortably with one hand, to stabilize it and prompt the use of both hands
- \*\*Change it up using pom poms, cotton balls, straw pieces, pencils, clothespins, etc.
- \*\*Changing object shapes helps promote grasping skills