



Silly Macaroni Towers



Whether your child makes a silly macaroni monster or a crazy porcupine this activity is good for working on several skills at once. See how tall those towers can go!

Working on **fine motor skills** is the main reason for doing this awesome activity. Fine motor skills are the ability to grasp and manipulate small objects with utilizing small motor movements. Good fine motor skills are important for everyday activities such as tying shoelaces, button shirts, eating small snack foods effectively and handwriting/ coloring.

Other skills being addressed include:

- Visual motor
- Postural control
- Hand Strength

Materials:

- Playdoh
- Dry Macaroni (or toothpicks)
- Beads (or cheerios)
- Paper plate or newspaper

Steps

1. Gather and set up materials.
2. Position child at a coffee table or small table while in tall knees (see picture below).



3. Have your child take the playdoh out of the container and soften/squeeze/mold the doh into a ball (or several if they choose) using both hands.
4. Have them pick up the pieces of spaghetti (or tooth picks) one by one and place upright into doh.
5. Instruct them to use their “pinching fingers” (index finger & thumb) to pick up bead or cheerio one at a time to fill up each tower.
6. Have fun.

How do you make this easier?

1. Have your child sit at a table.
2. Put the spaghetti or toothpicks in the play doh for your child.

How do you this more challenging?

1. Make your child tall knee walk or wheelbarrow walk to retrieve one bead or cheerio at time.

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Sources Used and slightly adapted from:

1. The OT Toolbox
2. Glitter on a Dime