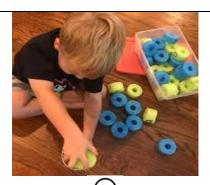
Fine Motor & Quiet Activities

Providing quiet activities in your classroom

Rationale: A designated area with a variety of quiet activities accessible to students individually or in small groups. These activities are often repetitive, rhythmical tasks that calm them by hyper-focusing. This uninterrupted time alone provides the ideal environment for students to rest while awake so they can recharge.

Quiet activities: Are soothing and calm the brain. They encourage reflection and promote self-awareness. During this time students can process, organize and solidify information. These activities can be a great brain break for those students who don't respond well to high-energy physical activities.





Video Capsule

Who benefits from this:

- Students that are emotionally charged
- Students that are hypersensitive
- Students that need support 'shifting gears'
- Teachers Provides opportunities to observe student's interests, and challenges.
- The class group Provides respite

Fine motor activities: Provide sensory input via the senses and prime focus and concentration. Students build their hand and eye coordination while enhancing their creativity.



Who benefits from this:

- Students with high sensitivity and /or are anxious
- Students who require more time to switch gears or transition to another activity
- Teachers Have a moment to prepare materials or speak individually to a student
- The class group Able to slow the day down and shift their focus.





Fine Motor & Quiet Activities

Elements to consider:

- These fine motor and quiet activities can be a great brain break for students who don't benefit from high level energy activities.
- If a student is too emotionally charged, they may benefit better from an emotional release activity instead.
 Emotional Release activities
- Be careful to select age and difficulty appropriate activities to avoid further frustration.
- For tier 3 students, these activities need to be personalized to assure they don't trigger them further. The use of the personal bin can come in hand to store their favorite recentering activities in the NSC. https://www.cebmmember.ca/personal-bin

Examples of quiet activities:

- Mandalas
- Connect the dots
- Mazes
- Colour by numbers
- I Spy
- Find the differences
- Path tracing
- Word searches
- Origami
- Puzzles

Examples of fine motor activities:

- emotion-playdough-mats
- Dough-numbers
- Hole-Punch-Fun
- Goldfish-Tongs
- Caterpillar-Mat
- For additional ideas, consult the fine motor section in the <u>Building</u> and <u>Creating</u> document

