

**Fine motor**

1. [HAND STRENGTHENING Exercises with Playdough | OT Teletherapy | Step by Step Guide for kids at home - YouTube](#)
2. [FINE MOTOR SKILLS GAME with Playdough | Build Dexterity | OT Teletherapy | Remote Learning for Kids - YouTube](#)

**DIY Fine motor ideas**

3. [INEXPENSIVE DIY FINE MOTOR ACTIVITIES - YouTube](#)
4. [Occupational Therapy \(OT\) Activity: Fine Motor Skills - YouTube](#)

**Stretching**

1. [Strech Out! \(Full Video\) - YouTube](#)