



OT Home Activities

Rainbow Salt Writing Tray

Grade Level:

Preschool - Elementary

Curriculum:

General Education & Alternate Curriculum

Targeted Skills:

Sensory skills, Fine motor skills, Visual-motor integration

Materials:

- Colored construction paper
- Baking tray
- Salt
- Paint brush
- Q-tips
- Fingers

Directions:

- 1) Cut stripes of construction paper about 2.5-inches wide
- 2) Tape ends of paper together with clear tape
- 3) Place your rainbow on a baking sheet and add some salt
- 4) Student can use their index finger, q-tip, or paint brush to practice forming letters, spelling words from memory, and/or copying words



[Click here for activity video!](#)

How to incorporate into family routine:

During English Language Arts instruction, practice spelling or learn vocabulary with the salt tray

Modifications/Adaptations:

- Add food coloring to salt or use sand
- Use larger object to make holding the item/tool easier
- Use a smaller object to require a more mature/developed grasp