



Fine Motor Activities

- Punch holes with a hole puncher to work on finger isolation and strengthening
- Have students manipulate small materials such as tokens or coins. Have them hold a cotton ball (with fingers 4,5) to encourage the use of 3 (thumb, pointer, middle) fingers
- Play with Legos of different sizes
- Encourage lacing for pattern work
- When coloring encourage students to fill in all the white space, trace the outlines and work on shading
- Use of stickers to make a picture
- Sorting different colored small pebbles
- Playdough is great for manipulation and strengthening. You can have students find hidden coins or small beads inside
- Keep a journal; be the family list maker (keep a pad & pencil on the counter/fridge and write down items needed on next shopping trip)
- Sort & cut out coupons
- Cut up junk mail for strengthening
- Color by numbers or small coloring sheets (use small crayons, twist crayons or color pencils); mazes
- When writing/coloring please make sure child holds pencil correctly, forms letters from top to bottom and left to right, and uses lined paper
- Play board games with dice. Practice using the dice in one or two hands. Play games on your stomach or on knees
- Play games with small pieces such as "Battleship" and "Don't Spill The Beans"
- Play with putty (pinch, roll small balls, cut with scissors)
- Cup the hand and pour sand into the hand to form the arches of the hand.
- Squeeze water bottle to erase her writing on whiteboard
- Finger painting
- Painting with Q-tips
- Threading beads onto a pipe cleaner