Fine Motor Fun!

Let’s put those hands and fingers to work!

❖ Use spray bottle to clean table, windows, chairs, etc.
❖ Have the child help in the kitchen: Stir thick batter, knead and roll pizza dough, use rolling pin.
❖ Peel stickers
❖ Use a sponge to wipe down surfaces or bowls/dishes
❖ Push grocery cart with heavy items or stroller (if safe)
❖ Use hands/fingers to pull apart/roll out/ball up playdough, putty or floam.
❖ Rip, tear and crumple paper (all different sizes and thickness); make it into a game like crumpling paper and throwing it in the trashcan or having a “snowball” fight.
❖ Snip/cut various materials with scissors - straws, cards, paper plates, grass/plants, play dough, licorice laces, string cheese, French fries
❖ Pop plastic popping bubbles
❖ Use tongs or tweezers to pick up small items (e.g. cotton balls) and place them in a cup or bowl
❖ Play with finger puppets to encourage finger isolation
❖ Coloring- it’s even better when done on a vertical surface or, if comfortable, on hands and knees on the floor for additional strengthening
❖ Pinch clothespins (hang clothes, pictures up on a line or pick up small cotton balls)
❖ Push/pull apart legos
❖ Pull apart Velcro
❖ Mr. Potato Head
❖ Hole punchers (fun for crafts!)
❖ Pulling tape off the roll (help wrap packages or gifts, make shapes with painter’s tape on the carpet or floor)
❖ Rubber band looms to make bracelets, etc.