

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 foam.
- ❖ 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.