

Fine Motor Activities



- ◇ Use clothespins, tweezers, tongs, etc. to pick up small objects to put in a container. (erasers, cotton balls, small pieces of rolled up tissue paper, etc.)
- ◇ Put letters on the end of clothespins. Use the edge of a shoebox to spell out words or do a spelling test with the clothespins.
- ◇ Play tug-o-war with a straw or a Popsicle stick.
- ◇ Hid/find objects (marbles, pegs, coins) in putty.
- ◇ Make a necklace from macaroni, fruit loops, cheerios, small beads.
- ◇ Pop bubble wrap.
- ◇ Find hidden objects in a box of dry rice or beans.
- ◇ Have a tactile box which is easily to pull out which includes: paint brushes, scrub brushes, feather, vibrating toys, lotion, wind up toys, silly putty, soft textures, etc.
- ◇ Wrap small objects in a piece of foil, another student has to guess what it is then unwrap the object.
- ◇ Use eyedropper to drop colored water on paper to make a design. Emphasis is on dropping water drops one at a time.
- ◇ Pick up a variety of small objects up in hand one at a time to drop in a container. See how many you can get in your hand them drop one at a time! (beans, coins, pegs, game pieces, beads, small balls of play dough, etc.)
- ◇ Make small balls of play dough with fingertips only. "Walk" balls down a table or up a wall with finger movements only.
- ◇ Sorting, shuffling cards.

- ◇ **Playdough Activities:**
 - Make balls or eggs with finger tips only of one hand.
 - Roll small and large snakes between palms and cut with scissors, practice using a plastic knife and fork by cutting snake.
 - Roll with a rolling pin, press with a garlic press, cut in slices with an egg slicer, make shapes with cookie cutters.
 - Make thumb print designs.
 - Make a birthday cake, put pegs in for the candles.
 - Flatten out and draw letters with a pencil, stick, or finger.