



The following are suggestions from the Occupational Therapy Services

Pre- Fine Motor Skill Activities

- Doing activities on a vertical surface-for instance, tape paper on the wall, use of easels, etc. This position automatically puts the wrist and fingers into a better position.
- Windmills: place stickers on hands and feet and have them match the color or picture or letter or number.
- Visual Tracking: Place a slot in a large jug of water and place coins in and watch them float to the bottom. Bat a balloon back and forth. Track balls in race tracks or tubes.
- Midline crossing activities: Make large X's or designs on a chalkboard or air writing or flashlight writing on the ceiling. Erase the chalkboard.
- Teach directional terms for writing: top, middle, bottom, left, right, pull, push, on line, below line, curve, straight, big and little.

Activities to improve Fine Motor skills

- Playdoh activities-such as rolling, squeezing, pinching and flattening playdoh, hide a penny or beads in a ball of playdoh and have the student use a two finger pinch to pick away at the playdoh to find the hidden object.
- Picking up tiny objects such as dried beans, cereal-using a two finger and thumb grasp to place them in a small container, such as an ice cube tray, then have them take the object out of the tray.
- Stringing tiny beads on a cord or pipe cleaner-this helps to work on shifting motion. Cut drinking straws and string straw pieces on a string or yarn. Lacing sewing cards. Making necklaces with Fruit Loops.
- Chop sticks, tongs, tweezers, tiny pinchers-also promote good hand position.
- Tearing paper such as colored construction paper into small pieces and paste them on a paper like a mosaic.
- Squeezing water out of a sponge or eye dropper. Place colored water in dropper to make art projects.
- Popping bubble wrap with thumb and index finger.
- Pulling apart pop beads and legos.
- Card games like War or Memory or Uno. Pick the game to match their current educational need.
- Sticker activities-pulling off and putting on with a tiny grasp.
- Pegboards and light brights.
- Finger plays and nursery rhymes with finger motions.
- Shaving cream play.
- Puzzles and shape sorters.

Strengthening Activities

- Squeezing out wet wash clothes or sponges

- Playdoh activities-such as rolling, squeezing and flattening playdoh, hide a penny in a ball of playdoh and have the student use a two finger pinch to pick away at the playdoh to find a hidden object.
- Scrubbing walls and desks.
- Erasing a chalkboard or whiteboard.
- Crumpling up paper.
- Squeezy balls or stress balls.
- Spring clothespin activities- such as pinching them along the top of a can-make a game of it.
- Animal walks
- All playground activities-using their arms to pull up equipment, throwing balls, etc.
- Tug of War.
- Chair push-ups and wall push-ups.
- Use plant or water sprayers/spray bottles to spray plants or add food coloring and spray pictures in the snow or on sidewalk.
- Shaking out rugs or towels.