

At Home Fine Motor Activities

2021

The key to fine motor work is making it fun! These activities should feel like games, not work. If you provide these tools for kids, they will usually make up their own games, or games that are more fun than the ones we come up with. The goal is fine motor development, not necessarily following the rules or winning/losing. Have fun!

- While sitting, use fingers to walk a tennis ball (or ball of similar size) up and down leg(s)
- Place/balance marbles on golf tees
- Theraputty, silly putty, play doh
 - hide letter beads in putty that spell a word and find the beads, then unscramble the word
 - hide coins in putty, find them, then calculate the total
 - roll putty into shapes (cube, snake, sphere, pyramid, hamburger, hot dog)
- Pegboard designs
- Making bead jewelry
- String beads on pipe cleaners or shoelaces (if they are letter beads, string them in alphabetical order, or spell words, or make sentences)
- Tweezers activities – picking up small beads, beans, stones, etc
- Scissor/cutting activities – cut different paper textures to increase/decrease challenge (writing paper, construction paper, cardstock, cardboard)
- Coloring activities – (color on different textures to increase resistance by placing sandpaper under paper or placing paper on concrete or on a mat)
- Toothpicks & small marshmallows or gumdrops to build objects
- Lacing card activities
- Stacking coins
- Wikki stix – make animals, make letters, make pictures. “What’s the Wikki” – make a letter with a wikki stick and the other person has to feel it and guess the letter without looking at it.