

# FINE MOTOR ACTIVITIES

## Bilateral Coordination

- Roll dough with a rolling pin
- Hand clapping games
- Squeeze objects (i.e. glue) with both hands
- Use both arms to twirl streamers or scarves
- Build with building blocks
- Trace patterns on paper
- Draw a picture using stencils
- Tear lettuce into pieces to make a salad
- Spread icing on cookies, cakes, etc.

## Finger Dexterity

- Press cookie cutters into dough or putty
- Play with finger puppets
- Play pick-up sticks games
- Screw and unscrew small lids, nuts or bolts
- Fold paper (i.e. origami, airplanes etc)
- Hold a handful of marbles, transferring one at a time into a container
- Draw shapes and write words in a variety of mediums (shaving cream, sand, finger paint, hair gel etc).
- Draw designs on a Etch-A-Sketch board
- Play board games with small pieces to manipulate
- Use fingers to sprinkle toppings on food (sprinkles, shredded cheese).

## Grip Strength

- Squeeze putty, flour sifter, plastic squeeze bottles
- Squeeze juice from a lemon or orange
- Squeeze a spray bottle (water plants, clean windows)
- Stir batter in a bowl
- Staple papers together with a small stapler
- Use a hole punch to make dots or creative shapes

## Pinch Strength

- Peel stickers off surfaces
- Peel fruit (lemons, oranges etc)
- Turn keys in a lock
- Deal cards
- Use tongs to pick up small objects
- Spin tops
- Play with wind-up toys
- Tear paper for art projects
- Build with small blocks
- Pick up small objects with fingers and place into containers (beans, cereal, corn kernels)
- Place coins into a bank or small slit in a lid.
- Pop bubbles on bubble wrap
- Use small rubber stamps to create a picture
- String beads to make a necklace
- Pinch clothespins (laundry, games etc)