

Fine Motor Activities

- ✚ **Playdough** – have fun with playdough, rolling, cutting using shape cutters, make designs with toothpicks/plastic fork. Encourage the child to squeeze the playdough in each hand. Roll play dough into balls - using the palms of the hands facing each other .Roll play dough into tiny balls (pea size) using only the fingertips. Hide pennies and get the child to find them. Use a plastic knife/scissors and encourage cutting skills /scissors skills (one hand cutting while the other hand holds the playdough)
- ✚ Try to scruch up a piece of paper (8.5x11" cut in half) with one hand. Cut newspapers into strips and then crumple them into balls.
- ✚ Use plant sprayer to spray plants (indoors / outdoors)/squirt guns.
- ✚ Move a coin or paperclip from the palm of your hand to your fingertips without using your other hand to help. Try this with 1 coin then hold 2 in the palm moving one at a time to increase the challenge.
- ✚ Stickerbooks- make pictures
- ✚ Fingerpaints
- ✚ Help with cooking, kneading, stirring etc.
- ✚ Try picking up objects using large tweezers (e.g tongs from bedbugs game) / tongs. Pick up cotton balls/cheerios/matchbox cars
- ✚ Lacing activities, Stringing beads /macaroni/cheerios
- ✚ Try turning over cards, coins or, buttons, time yourself, race against your friends and don't cheat by bringing the coins to the edge of the table to turn them.
- ✚ Playing games like Perfection/Bed bugs/Operation, all from Target.



Increase Grip Strength

- ❖ Hang from monkey bars/ trapeze bars, increase length of time from 10seconds to 15/20.
- ❖ Using only one hand Scrunch 1 sheet of newspaper into a ball and throw balls at a target/bucket.
- ❖ Theraputty (squeezing and releasing)
- ❖ Plant sprayers /squirt guns
- ❖ Squeeze water out of a sponge with only one hand
- ❖ Challenge! Screw off lids on jars / bottles - time yourself doing 1 then doing 3, try to beat yourself and then your friends. See how tight you can make the lid "can your buddy get it off?"
- ❖ Tug-o-war.



Increase Pinch Strength

- ❖ Pinch Theraputty /playdough
- ❖ Pick up small objects using tweezers e.g cheerios
- ❖ Pinch/squeeze clothes pegs - onto side of cardboard box/bucket/ or onto fabric
- ❖ Buttons /snaps/ zippers
- ❖ Duplo /Lego building sets
- ❖ Pop bubble wrap with index finger / thumb