

Fun & Easy Fine and Visual Motor Activities

Hand Strengthening

- ★ Play-Doh: squeeze, roll out using a rolling pin—encourage them to keep hands open on pin rather than using the handles, pull apart, pinch, cut with scissors etc.
- ★ Play tug-of-war with a soft rope or sheet.
- ★ Open various sized jars and other containers. Fill them with pom poms, beads, or nuts and bolts.
- ★ Use squirt guns or empty dish soap containers to "write" on the sidewalk.
- ★ Allow your child to help in the kitchen by pouring, stirring, and rolling.
- ★ Crumple papers into a ball with one or both hands and toss into a target. Use different weights of paper to increase the challenge! Turn it into a "snowball fight."
- ★ Cut various weights of paper. Using crafting scissors also increases the challenge.
- ★ Transfer water from one container using a large sponge to soak up the water and then squeeze it into another container.
- ★ Make a structure with Popsicle sticks, using glue that has to be squeezed (i.e. Elmer's)
- ★ Encourage gross motor activities such as wheelbarrow walks, monkey bars, jungle gyms, bear walks (hands + feet), crab walk and army crawls.

Finger Strengthening

- ★ Place wooden clothespins on a rope or cardboard box with each hand. Make a game or craft out of it.
- ★ Build with Legos.
- ★ Pop bubble-wrap used for packaging. Encourage them to use their index finger and thumb.
- ★ Buttoning, snapping, and zipping (practice with different sizes and shapes).
- ★ Make paper airplanes. Fold by creasing between fingers and thumb.
- ★ Make a large ball out of clay or Play-Doh, push both thumbs into the middle to make a hole and then pinch around the edge to make a "nest." Make small round balls for the "eggs."
- ★ Make designs using a Lite Brite.
- ★ Empty a trigger-type bottle and fill it with water to use as a squirt gun.
- ★ Have your child peel off small stickers and stick them onto paper to make a design or picture.
- ★ Hold a marble between your first finger and thumb. Have your child take it from you using the same grasp. Resist slightly, increasing the challenge.

Fine Motor Coordination, Manipulation + Visual-Motor Skills

- ★ Have your child tear pages from a magazine and cut out the images, make a collage.
- ★ Trace designs, complete dot-to-dots and simple mazes.
- ★ Have your child move coins from the palm of their hand to their fingertips using only one hand, placing them into toilet paper rolls that are set up vertically on a table or into a piggy bank.
- ★ Have your child draw a simple picture or draw one for them and have them cut it out. Or, make lines on a paper and have your child cut on the lines.
- ★ Make geo-board designs with rubber bands. Take turns copying each other's designs.
- ★ Do hidden picture pages, encouraging your child to color the pictures in when they find them.
- ★ String small objects onto a shoelace or pipe cleaner (i.e. buttons, beads, cut up pieces of straw, macaroni)
- ★ Make designs using a Lite Brite.
- ★ Put together puzzles.
- ★ Pick up various objects (cotton balls, macaroni, etc.) with tweezers or tongs.
- ★ Make designs using a Lite Brite.
- ★ Play Tic-Tac-Toe. Have your child draw the board and choose different shapes each time you play (i.e. X vs. O; □ vs. +, etc.)

