

Fine Motor Ideas for Home

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Eye-hand coordination, visual perceptual skills, motor planning, spatial relations

*Practice making circles, crosses, squares, triangles, diamonds etc. in a variety of ways using different media such as:

shaving cream	gluing beans/rice on paper
finger paints	pegs
sand	yarn/string
sticks	pudding/frosting
cereal	finger write on a piece of aluminum foil
toothpicks	

*Have your child trace shape/letter outlines or trace shapes/letters made from dotted lines

*Using Playdoh or Silly Putty, make "snakes". Use the "snakes" to make letters, numbers or shapes; alternate using each finger and thumb to "pinch" the snake for finger opposition/pinch strength; use Playdoh to make a ball; a pancake

*Make letters, shapes with your body

*"Paint" with water and a paint brush on concrete, driveway. Makes shapes, letters etc.

*Blocks: Using building blocks, Legos, etc., build a simple design and have your child try to make one like yours. You can also use boxes, empty butter containers, baby wipe containers etc. as big "blocks".

*Mazes of all kinds--follow mazes with fingers or crayons.

*Ball skills such as throwing/catching a ball, hitting a target with a ball, kicking a ball

*I Spy books, Where's Waldo books (try to find the hidden objects)

*Set a place setting at the table. Have your child set the other settings exactly like yours. This works on spatial relations (ex. cup is above and to the left of the plate)

*Blowing bubbles is a good oral motor activity for your child. Blow bubbles for your child and have him try to pop them-good activity for motor planning

*Games (Twister, Follow the leader, Simon Says)--good for motor planning and body in space awareness

*Hitting a balloon-good for eye-hand coordination, motor planning

*Puzzles of all kinds

Two-handed activities:

*String beads or cereal on a string

*Use a rolling pin on Playdoh or cookie dough

*Lace holes in shoe

*Punch holes in cardboard and lace with string/yarn

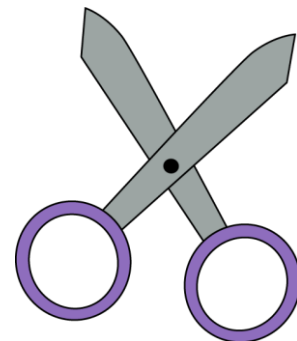
*Screw/unscrew lids on jars or use nuts/bolts

*Button/unbutton

*Zip/unzip

*Fasten snaps/unsnap

*Cut with scissors using a variety of different materials (ex. Playdoh, grocery sack, poster board, colored straws).



Upper body strengthening, grip/pinch strengthening:

*Squeeze Playdoh or Silly Putty. Roll Playdoh into "snakes"--pinch it, pull it apart. Hide marbles or beads in Playdoh. Have child pull them out with a pincer grasp (thumb and index finger)

*Carrying groceries, trash, laundry baskets

*Pushing chairs, brooms, strollers, grocery carts

*Pull a wagon filled with items(to make it heavier). Pulling is good for strengthening and giving the child sensory information about where his body is in space.

*Squeeze and pop bubble wrap

*Squeeze Playdoh, wring out washcloths/sponges, squeeze water toys

*Stir cookie dough or brownie mix by hand

*Use trigger spray bottles to help clean tables, counters. Have child wash the table with a cloth using large motions (ex. big circles, back and forward, side to side)

*Squeezing hole punches, stapler

*Fill clean plastic laundry soap containers with water for the child to play with in the sand box, dirt. Carrying the weight will help strengthen the child's upper body muscles.

*Tear lettuce for a salad

*Tear paper and make a mosaic picture

*Decorate cupcakes, cookies with a pastry bag filled with icing or icing in a tube. Good for grip strengthening

*Pick up objects (ex. cottonballs) with clothespins or tongs for pinch strengthening/prescissor skills

Weight bearing through the upper extremities including:

*Wheelbarrow Walk: walk forward on hands while feet are held in the air

*Crab Walk: Sit on the floor with hands behind back and feet in front of body.

Lift bottom off the floor and move hands and feet forward

*Bear Walk: Crawl with your palms on the floor and your feet on the floor; Lift bottom in the air with legs straight and growl

*Hanging on the monkey bars on the playground

*Climbing

iPad apps recommended:

Letter School

Injini

Glo Draw

Remember to have FUN and be SAFE!

