

FINE MOTOR ACTIVITIES DESIGNED FOR KINDERGARTEN CHILDREN TO INCREASE FINE MOTOR SKILLS

Wrist Stabilization:

1. Donkey kicks
2. Writing on chalkboard above eye level
3. Lacing
4. Peg boards
5. Lite Brite
6. Magna Doodle
7. Coloring
8. Painting
9. Rolling pins (keeping hand open on the pin)

Development of Arches:

1. Press a round shaped object or toy into the palm to encourage cupping around the object.
2. Stabilize forearms on table top with palms down and:
 - rake small objects
 - pinch small objects
 - pick up any small objects
3. Snap fingers
4. Cutting

Precision skills of intrinsics:

1. Pick up varying sized objects
2. Sign language
3. Tug of war with small diameter objects such as plastic laces and coffee stirrers.
4. Play "Spider on the Mirror"
5. Silly Putty
6. Rolling dice
7. Turning over pennies
8. Tool usage such as cutting with a knife or hammering
9. Zipping up a zip lock bag

Separation of Sided of Hand:

1. Squeeze bottle
2. Clay
3. Zip lock bags
4. Turning pennies
5. Snapping fingers

Straightening Fingers Away from Palm:

1. Stringing beads
2. Card lacing
3. Vertical pegboards
4. Feed or withdraw a pipe cleaner, coffee stirrer, and plastic lace through a snug opening in cardboard or leather.

Activities for Delicate Touch:

1. Lining up dominoes on the long narrow side
2. Pick up delicate items with tweezers such as corn flakes, mini marshmallows
3. Thin paint brushing
4. Pick-up sticks
5. Magnetic devices
6. Eye droppers

Strengthening Intrinsic:

1. Silly putty or clay
2. Rubber bands around fingers and straightening out fingers
3. Tug of war with small items
4. Balance flat books or plates on extended fingers
5. Wringing out clothes or sponges
6. Clothes pins
7. Drying dishes with a dish towel

Facilitating Kinesthetic Handwriting:

1. Air writing
2. Mystery writing- the adult moves the child's arm in the air to form a letter
3. Rainbow writing- trace letter or word in many colors
4. Tactile writing- carpet samples, sand tray, wiki stix
5. Vibrating pen

Activities from AOTA Self Study Series

Scissor Skills:

1. Salad servers, tongs
2. Squirt guns, squeeze bottles
3. Hole punch
4. Graded weight paper
5. Graded size of lines to cut

Activities from Pre-Scissor Skills by Marsha Lee Dunn

- 3) Stack objects (i.e. coins, cards, checkers, blocks, etc.)
- 4) Screw and unscrew objects such as nuts and bolts, caps from jars
- 5) String beads onto a shoelace
- 6) Run a threaded needle through cloth
- 7) Fasten safety pins
- 8) Cut straight and curved lines/shapes drawn on paper, cloth, etc., with scissors
- 9) Play the piano
- 10) Type
- 11) Crumple paper in a small ball and then flick it with the finger (play "soccer" with the paper ball)
- 12) Shuffle cards, deal cards one by one, turn cards over
- 13) Roll a pencil between thumb and fingers without dropping it
- 14) Knead dough
- 15) Stick small objects into play dough for him/her to pull out
- 16) Wind thread on a spool evenly
- 17) Put rubber bands around various size containers and objects
- 18) Use tweezers to pick up small objects
- 19) Move spoonfuls of small objects from one bowl to another
- 20) Do up buttons, zippers, hooks, etc.
- 21) Tie shoelaces
- 22) Cut finger and toenails with clippers
- 23) Trace and copy letters
- 24) Do connect the dot puzzles
- 25) Solve mazes

- 26) Manually sharpen pencils
- 27) Use a manual can opener
- 28) Tie a box with string or ribbon
- 29) Put keys into locks to open doors
- 30) Put paper clips onto paper
- 31) Use a stapler
- 32) Remove staples with a staple remover
- 33) Place clothespins on the edge of a box or container
- 34) Dial a telephone
- 35) Set a watch or clock
- 36) Pick up or move marbles (or nuts in shells) using a melon baller.
This could be made into a game - i.e. take turns rolling a die.
Whatever number turns up, pick up that number of "marbles" and place them into an egg carton.
- 37) Use Wikki Stix to form shapes, letters, numbers, and other designs. You may want to use a template.
- 38) Color using the flat side of a crayon. Put paper over leaves, stencils, and other objects so that the child gets sensory feedback as he colors.
- 39) Make a matching game (pictures, letters, etc.) using a coffee can and clothespins. Have the child put the clothespins on the rim of the can.
- 40) Use sprayer bottles filled with water and sponges to have the child "clean" a desk or table, then squeeze the excess water into a dishpan. This is a great pre-scissor skill activity.
- 41) Lace various sized beads. Any activity involving the use of both hands is good to develop bilateral integration.
- 42) Oriental Trading Company has some cute manipulatives, like small locks with keys and slimy putty for poking and rolling. You could have a cutting center. Give the student a magazine and let him cut out the pictures he likes to make a poster. Glue on pictures and