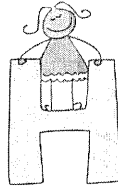


Classroom Strategies: Fine Motor Skills



- Squeeze ball/ stress ball
- Collect a box of objects. With eyes closed, have the child pick up an object and see if s/he can guess what it is. Collect objects that feel different to each other (i.e. hard, soft, bumpy, prickly, rough, smooth).
- Have the children "bury" their hands in a bucket filled with sand, rice, or very small beads for sensory input. Practice writing letters, numerals, and words in the sand.
- Student can use clothespins to hang up their artwork on clotheslines hung in the classroom
- Playdough-roll into small balls or use scissors to cut playdough
- Tweezers to pick up small items or cotton balls
- Play games with that involve the handling of cards, tongs, and small game pieces
- Games that help develop fine motor skills: Bed Bugs, Operation, Lite Brite, Topple, Pick-Up-Sticks, Pick-Up-Sticks, Jenga, marbles, Connect Four, yo-yo's, Perfection, Don't Break the Ice, Legos, Ants in the Pants, Hungry-Hungry Hippos
- Use a spray bottle to water classroom plants or to spray chalkboard to clean it
- Use eye droppers to pick up colored water and make designs on paper
- String beads
- Use hole punchers
- Open/ close zip lock bags
- Bake cookies and mix dough with your hands
- Tear newspaper into strips or crumple newspaper
- Clothespin activities
- Play card games, shuffle cards or play activities that use dice rolled in cupped hands
- Place 10-20 pennies on a table. Practice turning pennies over with the fingers of one hand. To make this more difficult, place pennies in two rows and the turn pennies over with both hands simultaneously.
- Pick up 5-10 pennies one at a time and move them in to the palm of the hand. Once all the pennies are in the palm, use the thumb to help move the pennies one at a time back to the fingertips. Try this with the right and left hand! This can be done with various other small items to make it more challenging.
- Practice picking up small items with the fingers (beads, small pegs, pennies etc.) and place them in a container
- Learn to braid hair, rope, or string. Perform games with string such as "Cat's in the Cradle"
- Learn and practice origami (many craft stores sell books to help learn). Practice folding paper to make an airplane, a table football, or "fortune teller" game.
- Practice tracing around a stencil
- Model "house" made out of toothpicks
- Legos, Kinex, building blocks, linker cubes, Erector Sets
- Tanagrams with blocks
- Puzzles
- Play tic-tac-toe with letters of the alphabet that you are practicing
- Complete activities on a vertical surface. An easel is not necessary; try taping a coloring sheet or activity page on the wall, refrigerator, or any other hard surface.
- Touch thumb to fingers of each hand individually, then simultaneously. Make this more challenging by closing your eyes!

