



Fine Motor Skill Activities

Parents,

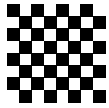
As your children progress through PreK and into next year, they will increasingly be asked to write and draw. The fine motor muscles (those small hand muscles allowing us to write for longer periods of time, draw with details and perform small hand movements) will be used more often. Like all skills, fine motor skills need assistance for development. Below you will find list combined from numerous other lists offering you fun activities designed to increase fine motor development. Many items listed call only for common household items.

As always, please feel free to call or e-mail me at 301-774-7455 ext. 119 or jen.cort@ssfs.org.

Enjoy your holidays and time together.

Jen Cort, PreK Counselor

1. Hammering sets and beginning carpentry tools, models, and simple erector sets.
2. Pop beds and interlocking toys that can be pulled apart (for example Duplos, Legos, Mega blocks, Bristle Blocks)
3. Play with resistance dough such as Silly putty and Play Doh, try rolling into small balls using only the fingertips.
4. Stirring, kneading and rolling cookie or bread dough
5. Tearing paper towels, napkins, newspapers and crumple into a ball with ONE hand at a time
6. Rolling up small pieces of tissue paper using finger tips and past to construction paper or paper plates.
7. Eye droppers or turkey baster to squeeze up water
8. Coloring or painting on an easel or on a large piece of paper taped onto the wall or a door
9. Tracing patterns in sand, crazy foam, shaving cream or finger paint
10. hang up doll clothes on a clothes line
11. Maze activities, dot-to-dot books, tracing pictures
12. Use large tweezers or tongs to pick up small objects (cotton balls, pom-poms, small marshmallows)
13. Lacing cards
14. Turning over cards, coins, checkers, bingo chips or buttons WITHOUT bringing them to the edge of the table or stabilizing against the chest.
15. String beads, popcorn, buttons, fruit loops, Cheerios or pasta
16. Have child find hidden small toys in large bowls filled with rice, oatmeal, beans, etc.
17. Drawing toys such as magna-doodle or etch-a-sketch
18. Games that require tool or hand use such as Bedbugs, High-ho Cherry-o, Operation, Don't Spill the Beans, Blockhead, Pick up Sticks
19. Draw on the sidewalk with chalk



Fine Motor Ideas Continued

20. Sew or knit
21. Put a paperclip onto paper or index cards
22. Using a hole punch create designs on paper
23. Cut out pictures from newspapers and or magazines
24. Put together small beads and/or toys
25. Play pegboard games
26. Use marshmallows and toothpicks to form letters
27. Place palm flat on table, or over edge of table or book, raising and lowering fingers one by one
28. Stencils
29. Use a meat baster to have a race by blowing cotton balls or pom-poms
30. Make "O" by touching thumb to finger tips one at a time
31. Squeeze small rubber sponge
32. Keep time to music with each finger (drumming with extended finger)
33. With hand resting on table, spread fingers wide and then bring them together
34. Carry a book between thumb and finger
35. Pick up handful of sand and let it trickle through fingers
36. Bend fingers against pull of a rubber band
37. Sort small items such as marbles, buttons, paperclips and screws
38. Put clothespins onto line, put paperclips onto paper or index cards
39. Pick-up sticks
40. Practice shooting baskets, either with a basketball and net or newspaper rolled into balls and a trash can
41. Any games with small manipulatives
42. Turn over small items such as chips, cards and pennies
43. Swim with hands cupped
44. Cutting dough with a plastic knife or cookie cutter. Rolling dough with a rolling pin.