

Fine Motor Development Activities Chart

Improve Pencil Grip	Fine Motor	Hand Strengthening	Finger Strengthening	Adaptive Skills
Practice crushing puffy, round cereal pieces with your three first fingers.	Pinch small pieces of play dough and roll them into small peas or blueberries.	Use a garlic press or play dough press to squeeze play dough for 5 minutes (use assorted colors).	Use play dough to roll snake coils of different lengths and widths for 5 minutes.	Use or create a lacing board to string shoe laces of different widths for 5 minutes.
Pop small bubbles on bubble wrap using your pointer finger and thumb.	Squeeze clothespins onto flat or stringed surfaces (cardboard or clotheslines).	Play a hand strengthening game: "Feeding Hungry Harry". (Read the instructions provided.)	Pick up objects using large tweezers. This can be adapted by picking up cheerios, marshmallows, etc.	String beads of different shapes, colors and sizes for 5 minutes using shoe strings.
Practice drawing or coloring while lying on your stomach. (Read the instructions provided.)	Pick up round cotton balls using clothespins for 5 minutes. Make a game of it called snowball cleanup.	Tear newspaper into strips and then crumble each strip into balls using both hands.	Use an eye dropper to "pick up" colored water to mix colors or to make designs on a paper. Drops can also be transferred to another cup and counted.	Use a spray bottle to mist plants, snow or melt monsters 5 to 10 times each. (Read the instructions provided.)
Use a stylus to write on tablet apps that focus on writing letters and numbers.	Locate a variety of small and large items hidden in play dough or putty for 5 minutes.	Scrunch up one sheet of newspaper using your dominant hand (the one used for writing). This is a super strength builder.	Practice turning over cards, coins, checkers or buttons without bringing them to the edge of the table.	Practice twisting the lids on and off of jars previously opened by an adult.

Instructions for Activities

Writing While Lying Down - Have your child do frequent, simple, drawing or coloring activities while lying on his or her stomach on the floor with his or her forearms resting on the floor. This position will provide stability to the arms and encourage the child to use more finger movement as the whole arm can't readily be moved.

Feeding Hungry Harry - (Hand Strengthening Game) Cut a slit in a tennis ball; this will be the mouth. Next, draw eyes and a nose using a marker on the ball. Your child can squeeze the ball to open Harry's mouth while feeding him pennies or other small objects.

Water Sprayer Activity - Use a spray bottle to spray plants, (indoors or outdoors), to spray snow (mix food coloring with water so that the snow can be painted), or melt "monsters". (Draw monster pictures with markers and the colors will run when sprayed.)

Great Apps. to Improve Writing Skills

- iWrite Words (free)
- Alphabet Tracing (free)
- Pinch Peeps (free)
- Coloring+ (free)
- Dexteria (paid app.)