

Fine Motor Activities
Compiled by Amanda Speights, M.S., OTR/L

Upper Extremity Strengthening

- Weight bearing activities such as wheelbarrow walks, crab walks, or wall push ups to work on shoulder strengthening and provide input to joints that helps increase body awareness.
- Writing on a vertical surface such as a whiteboard/chalkboard or easel to improve wrist positioning and strength. Have the student complete a work sheet or a coloring/drawing picture with the paper positioned on a vertical surface

Hand Strengthening

- Activities that encourage a squeezing action with the hand - such as wringing out sponges or cloths, using squeeze glitter/glue for crafts, manipulating putty or clay. Squeezing squishy balls or stress balls.
- Using tongs and tweezers of various sizes and resistances to pick up small objects while maintaining an open web space (the “webbed” area between the thumb and index finger) position.
- Work on pinch strength with small clips & clothespins. Encourage the child to maintain an open webspace when pinching.

Fine Motor Dexterity

- Stringing small beads or cheerios.
- Heads & Tails writing instruments such as markers, colored pencils, etc. that have a different color at each end of the shaft. Encourage using controlled finger movements to rotate the writing instrument to color, write, or draw with the other end without using the other hand or dropping it on the table.
- Tissue paper art work. Roll small pieces of tissue paper into a ball using thumb and fingertips while maintaining an open webspace. You can do the same with play-doh or putty.
- Pencil walk ups - have your student warm up her fingers prior to writing tasks by “walking” her fingers up and down the shaft of the pencil.