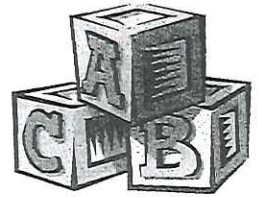


# Fine Motor Activities



**Nuts and bolts:** Have children manipulate nuts and bolts to find the correct size and twist them on and off.

**Stacking blocks with small erasers:** Using the small point tip erasers, children can stack blocks by holding on to the sloped side.

**Rainbow tracing:** Make printed pages with a design of shapes, letters, numbers or words and have children begin with the lightest color and progress to darkest color to create a rainbow effect.

**Clothespin Clipping:** Children use clothespins to clip on various items. One example is plastic plates. On the plate put a capital letter. On the clothespins write the corresponding lowercase letter and have the child match the correct letters.

**Tweezers:** These can be used to pick up a variety of items. Use pom pom balls as "fire balls" so they can't touch them but need to use the tweezers to pick them up and place them in a different bowl.

**Penny flipping:** Children lay the pennies down flat on a hard surface (all heads or all tails). Next the child can flip the coins using their thumb and index finger.

**Cutting with scissors:** As much practice as possible is great. Remember: "thumb to the top."

**Beading/lacing:** Lacing cards are great. These can be purchased at a variety of places. You can also use yarn or string and have them bead small beads through.

**Puzzles:** Puzzles are great fine motor activity as well as problem solving.

**Playdough:** Using playdough is a great way to strengthen those fine muscles in the hand.

**Spreading peanut butter:** Have your child spread the peanut butter on their own sandwich.