



Fine Motor Skills Activities

Hand Strengthening

Crayons & Colored Pencils

- Color lying down on floor or with paper taped onto a vertical surface like a wall
- Color in a circular motion counter-clockwise to increase hand strength faster

Hole Punchers

- Encourage use of one hand though may require use of both hands
- Use a variety of shapes and use punched-out shapes to create a project afterwards

Mini Pop Beads, Plastic Links, & Tangle™ Toys

- Assemble them into a chain to make necklaces or bracelets
- Sequence by colors creating an example for your child to copy

Modeling Clay

- Roll into balls or other shapes
- Make pretend cookies by flattening or using cookie cutters
- Form shapes, letters, & numbers

Resistive Clothespins & Clothespin Paper weights

- Squeeze to attach to other objects
- Pretend the clothespins are animals like a shark chomping

Therapy Putty

- Roll into balls or other shapes; Pinch, squeeze, pull putty repeatedly
- Hide small items in putty and pick them out; Push small items into putty
- Cut with scissors
- Make pretend cookies by flattening or using cookie cutters

Scissors

- Cut thicker paper like cardstock, cardboard, or sand paper
- Fold construction paper to double the paper's thickness

Sidewalk Chalk

- Draw on a sidewalk or sand paper to make the hands work harder
- Draw on a vertical surface by taping large craft paper to wall

Your Body

- Walk like a crab with tummy facing up or a bear with tummy facing down
- Walk on hands like a wheelbarrow with partner holding feet
- Practice thumb wrestling with a partner
- Maintain yoga postures like down dog, up dog, plank, tabletop, cat, & cow

Tips from a Therapist

- Don't substitute therapy putty or modeling clay with Play-doh because it's usually too soft.
- Hand strength is related to the strength and stability of the shoulder joints.
- Markers require less strength than crayons or colored pencils
- Be sure to keep index finger outside of the scissor loops to improve grasp.