**ACTIVITIES TO DEVELOP FINE MOTOR SKILLS**

**\*\*\*TURN OFF THE TV, VIDEO GAMES AND HANDHELD DEVICES\*\*\***

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1. Roll play dough out into a snake. Use index finger and thumb to pinch snake down its entire length. Cut snake with a plastic knife.
2. Roll play dough into balls. Have child mash ball between each finger and thumb, especially index finger and thumb.
3. Roll play dough into a log and push coins/pennies into log. Have child remove coins and place into a piggy bank slot.
4. Pick up small dried beans one at a time. Put them into small holes of a parmesan cheese container.
5. Pick up toothpicks one at a time and put into holes of a spice container. Make activity easier by putting toothpicks into larger opening of the spice container.
6. Use small tongs or tweezers to pick up small objects, such as pompoms, small blocks, small toys.
7. When writing or coloring, break crayon into small piece so child will develop a functional grasp.
8. Squeeze open clothes pins and place on a paper plate.
9. Button and unbutton large buttons and zip zippers. Cut off a row of buttons on an old shirt for practice as well as a zipper on an old pair of pants.
10. Make paper crafts; have your child practice cutting with scissors and pick up small objects to glue on the craft. Allow your child to squeeze the glue bottle to strengthen hands.
11. Play outside with a pump spray bottle.
12. To initially teach scissor cutting, cut a narrow 1 inch strip of paper and have child snip or close scissors once to cut narrow strip into small pieces.
13. Stack blocks. Copy block designs.
14. Place cheerios on a pipe cleaner.
15. Gross motor movements imitating animal walks.
16. Doing activities on hands and knees.
17. Play wheelbarrow by holding child’s feet and having him/her walk on hands.
18. Have child lie on his/her tummy and do fine motor activities on the floor.
19. Play Tug of War.
20. Draw, write or paint on an easel.
21. Bat a balloon, throw and catch a ball, pop bubbles.
22. Play board games: High Ho Cherry O, Chutes and Ladders, Trouble, dominoes, Memory, a game with dice.

**Websites:** <http://teachingmama.org> [www.prekinders.com](http://www.prekinders.com) <http://theimaginationtree.com>

[www.pinterest.com](http://www.pinterest.com) <http://handsonaswegrow.com> [www.loveplayandlearn.com](http://www.loveplayandlearn.com)