

Virtual Academy Life Skills

2021

DIY Fine Motor Activities to make at home

Gather your supplies!

Containers to use- Squeeze/spray bottles

Empty containers with lids (like crystal light, or pringles cans)

Parmesan cheese containers

Flip tops

Squirt guns

Gum and candy containers

Ziplock baggies

Spice containers

Empty ice cube trays

Empty twist tops

Shoe boxes

Collinder/ strainer

ANY other empty, clean containers that you have in your home...get creative!

Craft/home supplies to use-

Play doh (bought or home made-recipe)

Pom poms

Cotton balls

Pipe cleaners

Straws (varying sizes, like milkshake, coffee stirrers, and regular)

Popsicle sticks / craft sticks

Foam pieces or stickers

Feathers

Varying sizes of beads

Cereal

Noodles- spaghetti, and rotini, elbow, wheels noodles

Cookie cutters

Rolling pins

Forks and spoons

Dried Beans

Turkey baster

Kitchen tongs

Chip clips

Toothpicks

Tennis ball/small hollow balls

Buttons of varying sizes

Variety of coins

Beads of varying sizes

Clothes pins

Cupcake toppers

Paper hole reinforcements

Stickers

Paper-varying thickness

Push pins

Sponges

Carpet squares

Hole punch regular/craft style hole punches

Scissors

Stamps

Stapler

Rubber bands

Coins

Medicine Dropper

Piggy bank

Paper plates

Tongs / tweezers

Don't be afraid to get creative! There are so many ways to put simple home supplies to great fine motor use!