

## Fine Motor Activities

*Below are activities parents can do at home to develop their child's fine motor skills.*

### **Tearing paper:**

Create art projects by tearing paper into small pieces instead of using scissors.

### **Cutting with scissors:**

Cut paper with scissors, starting with basic lines and then moving to more complex shapes.

### **Tracing letters:**

Use stencils to trace objects, shapes and/or letters.

### **Making letters:**

Make letters using yarn, shoestrings or wax-coated string.

### **Gluing objects:**

Glue small objects to a letter. Examples: popcorn to the letter P or beans to the letter B.

### **Stapling paper:**

Staple papers together while making books or packets to encourage the use of both hands.

### **Punching holes:**

Use single-hole punchers to make designs on paper.

### **Wringing out sponges:**

Wring out sponges to increase muscle development.

### **Sewing and lacing:**

Use string or yarn to sew letter cards.

### **Stringing beads:**

Make pattern necklaces by stringing colored beads onto kite string.

### **Performing finger plays:**

Sing songs that require the use of both hands such as "Where is Thumbkin?"

### **Clapping:**

Use both hands to clap syllables in words or to clap to the beat of a song.

### **Constructing with blocks:**

Using Legos®, blocks or Popsicle sticks, child will use both hands to create a building.

### **Handwriting exercises:**

- **Mickey Mouse Ears:** Place fists next to ears, squeeze, and then open and close the fingers. Complete the activity 10 to 15 times.
- **Door Knob Turns:** Arms in front of you, elbows slightly bent, move wrists from side to side as if you are opening a doorknob. Move wrists to the right and then to the left.
- **Finger Opposition:** Hold fingers next to ears and have the students touch their thumb to each finger and back again. Complete 10 to 15 sets.
- **Butterflies:** Hold arms straight in front of your body and make an X with thumbs, palms facing down to resemble a butterfly. Make small circles 10 times to the right and then 10 times to the left.