

Fine Motor Activities

Home Activities For Summer

Improve grip strength

1. Squeeze putty, play-dough, water bottles, sponges (wet)
2. Help with cooking at home (stir dough)

Improve Finger Coordination

1. Use cookie cutter with play-dough
2. Put together nuts/bolts
3. Put pennies into a penny bank (1 penny at a time)
4. Fold paper
5. Play Jacks, Connect Four, Light Brite

Improve Pinch Strength

1. Peel off stickers
2. Pick up small objects (cotton balls) with tongs
3. Tear paper
4. Pop bubbles on bubble wrap
5. Use eye droppers with colored water
6. Use clothes pins
7. String beads

Improve Visual Perception

1. Copy patterns
2. Dot-to-dot puzzles
3. Mazes
4. Picture searches
5. Put together puzzles

Scissor Skills

1. Start with using tongs
2. Cut play-dough with play-dough scissors (can be found at Walmart)
3. Snip using different materials (straws, foam, cardboard)

Websites

Handwriting Without Tears <http://www.hwtears.com/>

This website has free resources for use at school and home.

Ready for Kindergarten: fine motor activities

http://www.shrewburyma.gov/schools/BEal/readiness/fine_motoractivities.html

Fine Motor Delays

http://www.coe.iup.edu/njyost/DI/Fine_Motor/

Provides links and free activities for parents and teachers

EzineArticles: Activities that Encourage Fine Motor Development [http://ezinearticles.com/?Activities-That-Encourage-Fine-Motor-Development &id495122](http://ezinearticles.com/?Activities-That-Encourage-Fine-Motor-Development&id495122)

Website has free printable activities