



Occupational Therapy Connection

Monthly Newsletter

Fine Motor Skills- continued

As you remember from the last newsletter, fine motor coordination is the ability to make discrete movements using the small muscles in the hands, wrists, and fingers. Fine motor skills are important for every day tasks as well as for school tasks and activities. Activities and tasks such as chores, crafts, and games can all help develop fine motor skills. Provided are some suggestions of activities that can be done at home to help foster fine motor skills. Please note the activities are listed by *suggested* ages.

2- 4 years old

- Water plants/flowers with a squirt bottle or watering can
- Bop a balloon overhead with hands
- Animal walks- crab, bear, seal
- Wheelbarrow walking
- Hang from the monkey bars
- Squeeze/roll/flatten/cut playdoh
- Scoop sand /mud/water/snow into buckets and carry to a larger container to pour it out
- Finger painting
- Finger puppets
- Squeeze/pinch/pop bubble wrap
- Floor puzzles
- Color on paper taped to a wall/easel
- Use small or broken crayons when coloring
- Tear paper of various thicknesses
- Peel and place stickers
- Dress/undress independently including attempts with fasteners, buttons, zippers, Velcro, snaps, etc.
- String beads, buttons, pasta, cereal
- Lacing cards
- Twist nuts and bolts toys

5- 6 years old

- Open snack packages or containers
- Pour their own milk/juice
- Put coins in their piggy bank
- Hang flashcards on a taut rope or wire hanger using clothespins
- Draw with sidewalk chalk
- Spray bottle in the shower/bath
- Find small beads in playdough
- Manipulate a variety of locks using keys, slides, latches, combo locks, hook and eye, etc
- Cut paper of various thicknesses
- Play games with dice or dial spinners
- Play games with tweezers - Operation, Feed the Monkey, Wok n Roll, Scatterpillar Scramble, etc.
- Lite Brite/pegboards
- Peel the paper off crayons
- Use rubbing plates with broken crayons
- Use only their index finger (with the other fingers tucked in palm) when operating electronic devices

7-8 years old

- Manually sharpen pencils
- Help clean by squeezing out the sponge, scrub up/down on a vertical surface
- Stir cookie/brownie batter
- Scoop their own ice cream
- Tie/untie knots
- Shuffle/deal cards
- Play card games where one hand holds the cards and the other draws- Go Fish, Blink! , Uno, Crazy 8's, Old Maid, Slap Jack, etc.
- Construct/deconstruct with Legos
- Fold origami/paper planes
- Rainbow looms
- Trace pictures or use stencils
- Use ink pad and stamps
- Travel- size games- Connect 4, Checkers, Sorry, Chutes & Ladders, Scrabble, etc.
- Hand clap games with a friend
- Play tug of war
- Wrap gifts- cut the paper, fold it over, manipulate the tape dispenser

9+years

- Carry in groceries from the car
- Transfer wet laundry into the dryer
- Play a musical instrument where fingers are expected to move in isolation- piano, flute, violin, etc.
- Keyboarding games/lessons
- Make rubber band balls
- Labyrinth mazes
- Jigsaw puzzles
- Tangrams
- Perler/fuse bead designs
- Friendship bracelets
- Cross- stitch, crochet, knitting, weaving, loom