

Fine Motor Activities

Please Note: Some of these activities are not for younger children or may need adult supervision. Not all activities are appropriate for all children. Parental discretion is advised.

<p>Art: coloring, drawing, painting, cutting, pasting, taping, stencils, stickers, sculptures with spaghetti and marshmallows, art with rice, beans, corn, macaroni, etc.</p>	<p>Money: sort coins, roll coins, put pennies in piggy bank, etc.</p>	<p>Games: Trouble, Operation, Pick-up-stix, Barrel of Monkeys, Jacks, Marbles, Checkers, Mancala</p>
<p>Kitchen: opening/closing zip lock bags, opening/closing lids on jars, hanging circular things on mug trees (rubber bands, milk rings, bracelets, washers, etc.)</p>	<p>Food: pick up cheerios with toothpick and put in bowl, peeling bananas, oranges and hard-boiled eggs, spooning rice from one bowl to another, making cookies with cookie rolling pin and cutter, etc.</p>	<p>Office Supplies: paperclip chains, shooting rubber-bands, stapling and removing staples, erase with pencil erasers, pen caps on/off, use single hole punch to punch holes in paper, pop bubble wrap, manual typewriter, etc.</p>
<p>Jewelry: stringing beads, necklace/bracelet clasps on/off, etc.</p>	<p>Carving: wood, soap, vegetables like butternut squash and zucchini, etc.</p>	<p>Building Toys: Erector set, Lincoln logs, Tinker toys, Lego's, Mr. Potato Head</p>
<p>Grooming: combing hair, clipping fingernails/toenails, painting fingernails/toenails, brushing teeth, flossing teeth, shaving, etc.</p>	<p>Tools: leather working/tooling, screwdriver and screws, hammer and nails, nuts and bolts</p>	<p>Creative: origami, lite-brite, play-doh, modeling clay, geo board, etc.</p>
<p>Sewing: sorting buttons, threading needles, snaps, velcro, hook-and-eye, quilting, cross stitch, knitting, crocheting, embroidery, weaving frames, zippers up/down, sew on sequins/buttons, cats cradle, lacing cards, etc.</p>	<p>Sorting: use fingers, spoons, tweezers or tongues to sort colored beads, raw beans, raw macaroni noodles, raw wild rice, etc.</p>	<p>Miscellaneous: tie and untie string into knots, paper dolls, puzzles with or without knobs, use eye dropper to remove water from one bowl and fill up another bowl, use clothespins to hang laundry on line, squeezing stress balls, etc.</p>

