



## Movement Activities

Before starting fine motor activities, get the brain and body ready for learning through movement and pressure for about 5-10 minutes

- Swing on swing set or go down the slide, participate in outdoor obstacle course on the playground
- Climb and hang on monkey bars with thumbs wrapped around the bar (remember to spot as needed)
- Basic indoor obstacle courses
- Basic yoga movements
- Participate in activities that cross midline and use both sides of the body. Brain Gym activities are a great way to incorporate these motions.
  - Touch elbows to opposite knee while standing
  - Touch toes of opposite leg while sitting
  - Windmills
  - Slow jumping jacks
  - Trace large figure eights on the wall
  - Play and draw with shaving cream on a table
  - Write on a chalkboard using large motions
  - Play clapping games
  - Games like Simon Says and cross arms and legs to touch different areas of the body (for example: left arm touches right knee and right arm touches left ear), stand across from child so they can mirror your movements. Unless you are teaching left/right directionality then face the same direction as the child.
- Body awareness songs: “Head, Shoulders, Knees and Toes”, “Holey Pokey”, “Where is Thumbkin”
- Floor activities that provide movement and pressure
  - Rolling
  - Floor or wall push-ups
  - Animal walks (alligator, bear, crab, frog hop, worm, donkey kicks)
  - Moving furniture
  - Hopping on spots (hopscotch)

## Fine Motor Activities



- Play-Doh: Roll into hot dogs, then pinch between thumb and first 2 fingers in multiple places along the length. Roll into a ball and squish with palms of hand. Roll into small balls between thumb and first two fingers.
- Cut Play-Doh- roll into hot dog then cut pieces off with scissors. Can also cut using plastic knives.
- Legos
- Snap blocks
- Tinker toys
- Plastic chain lengths
- Bristle blocks
- Bead stringing
- Pick up small objects (mini-marshmallows) with strawberry huller without denting them
- Color/draw using small pieces of chalk on an easel positioned vertically
- Piggy back: push coins/buttons through a small slot. Can use a plastic deli container with a small slit in the top
- Clothespins: clip to rim of a bowl
- Clay: make pictures, letters, numbers, shapes in modeling clay on a cookie sheet
- Squirreling/De-squirreling: Using only 1 hand, gather small objects (Cheerios, mini marshmallows, beads, etc.) into palm, one at a time. Then reverse the process by only using fingers on the hand holding the objects to move individual pieces to the fingertips and dropping them into a container.
- Wheelbarrow walk your child from one room to another
- Play tug of war with small diameter objects (coffee stirrer)
- Line up a row of pennies, then turn them over with fingertips
- Fill a spray bottle with water and have child spray driveway or sidewalk. Can make fun pictures or shapes
- Other games/activities that the child has to pull things apart, press together, push through a slot/hole, pinch etc.
- During the day ask them to help you with tasks that allow him/her to build strong hands. Examples: using a manual can opener when helping with dinner(supervision), mash potatoes with a hand masher, snap end off green beans, dig in garden/yard/sandbox, button shirts on hangers, open/close containers with twist-off tops (loosen first if necessary), wring out towels or sponges etc. Other activities may occur in your home that are not listed here.

### Games to play to increase fine motor skills

- "Suspend" game – Develops hand-eye coordination, cognitive skills and interpersonal skills
- Operation or Bed Bugs
- Pick-Up Sticks
- Origami
- Rubik's Cube