

FIRST FINE MOTOR ACTIVITIES

These activities were chosen to provide you with a repertoire of activities to enhance fine motor strength and dexterity. Most of the items are readily available within the classroom. Strength and dexterity are important to ensure appropriate pencil grasp for printing skill development.

- **EYEDROPPERS / TURKEY BASTERS**
 - Use droppers to "pick up" colored water and or diluted paint to make pictures
- **STAMPS and STICKERS**
 - Use stamps with and without handles to promote grasp and dexterity to make a picture. Make pictures or decorate cards with stickers to reinforce fine pinch/proper pencil grip
- **TWEEZERS**
 - Pick up objects such as cheerios, marshmallows, beads, blocks, and cotton balls. Make this activity fun by using two cutlery trays; one with the items all mixed up and the other empty, to sort the items into. Build in a challenge by using a sand timer and having a partner record the number of items the child can sort.
- **BEADING AND LACING ACTIVITIES**
 - Make necklaces out of macaroni, cheerios, popcorn, etc. Lacing cards are also good to promote appropriate grasp.
- **PLAYDOUGH**
 - Playdough is a great strength and dexterity builder. Roll out playdough, use plastic knife to cut into small pieces, and roll into small balls (using fingertips only). Make long snakes and worms. Use pegs or toothpicks to make designs in playdough or to make playdough people. Want a challenge? Work with plasticine!
- **SPONGES**
 - Squeezing water out of sponges and wringing water out of a cloth is a great strength builder
- **FINGER PLAY**
 - Circle time is a great time for finger songs. Finger puppets are also fun!
- **NEWSPAPER / TISSUE PAPER**
 - Tear newspaper into strips and crumple it into balls with one hand. Make a picture out of the crumpled balls, and use a variety of sizes i.e. Snowman, letters that are familiar, etc.
- **NUTS AND BOLTS**

Set up a work bench or tool area. Twisting nuts on and off bolts, using screw drivers are great for hand and finger strength and dexterity (remember safety in this area).