

FINE MOTOR CHALLENGES

CLIP PINCH MINUTE TO WIN IT

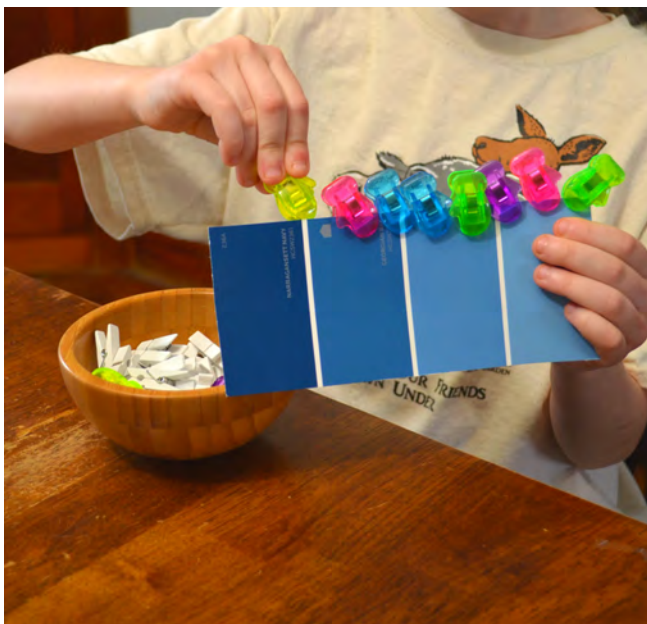
Gather your supplies: clips, a bowl, timer, and paint chips

How many clips can you pinch on the paint chips?

This one is super easy. Just grab some clips and some paint chips. Set your timer for 1 minute and see how many clips they can pinch onto the paint chips.

Alternative items: any type of clips you have (clothesline clips, chip clips, anything that they can pinch). Instead of paint chips you can use card stock or index cards. Something a littler sturdier than regular paper works better.

This activity works on pincer grasp or as well as visual motor skills along with bilateral coordination.



FINE MOTOR CHALLENGES

BEAD DROP

Gather your supplies: beads, a bowl, a container with a small opening.

How many beads can you push through in one minute?

All you need is a container with a small opening on it and some beads. We used star beads, which are a little easier to grasp.

Set your timer for 1 minute and see how many beads they can put into the container with their fingers. I had the kids pick up one at a time.

Alternatives: You could use an empty water bottle or something similar with a small opening. For something a little harder, the kids could pick up a handful of beads and then move the beads forward in their hand to put one at a time into the container.

This activity works on pincer grasp, grasp strength, as well as visual motor skills.



FINE MOTOR CHALLENGES

COTTON BALL TRANSFER

Gather your supplies: tongs, cotton balls, two bowls.

How cotton balls can you pinch and transfer?

Pile up a bunch of cotton balls into one bowl and place an empty bowl and tongs next to it. Set a timer for 1 minute and see how many cotton balls your child can grab with the tongs and transfer to another bowl.

Modification: For added benefits, set the container with the cotton balls on the opposite side of their dominant hand. This will encourage some crossing midline as they reach across to grab a cotton ball. You are working on pinch and grasp strength, visual-motor and the added crossing midline skills with this activity.

Alternative items: any type of kitchen tong or tweezer will work for this activity. We used take-out container bowls to transfer our cotton balls back and forth.

This activity works on pincer grasp, grasp strength, as well as visual motor skills and bilateral coordination.



FINE MOTOR CHALLENGES

BEAD SLIDE

Gather your supplies: beads, a bowl, pipe-cleaner, and timer.

How beads can you slide onto the pipe-cleaner the container in one minute?

Pour some beads into a bowl and provide your child with the pipe-cleaner or alternative lacing string. Set the timer for one minute and see how many beads they can string onto the pipe-cleaner.

Alternative items: You can substitute any size beads you want. For younger children, larger beads would be more appropriate. For older children you can try small pealer beads or something of similar size. You can also substitute the pipe-cleaners for yarn, shoe laces, or thick string. Make sure you tie a knot at one end so that the beads do not get pushed off the opposite end.

This activity works on pincer grasp, grasp strength, visual motor skills, bilateral coordination, and crossing midline.



20 CROSSING MIDLINE ACTIVITIES

for kids of all ages

1. Playing with rhythm scarves
2. Playing with blocks (stacking)
3. Dancing to music
4. Using a washcloth to bathe
5. Dusting or sweeping the house
6. Playing patty-cake
7. Playing with cars on a large path
8. Playing flashlight tag
9. Washing the car
10. Painting with a large paint roll
11. Completing cross crawls (touching hand to opposite foot or knee)
12. Wiping off the table with a towel or washcloth using one hand
13. Throwing a water balloon at a target
14. Drawing a large, horizontal figure 8 on a chalkboard or sidewalk
15. Squirt/water gun target practice
16. Watering flowers with a garden hose using both hands
17. Ball pass relay races
18. Playing bean bag toss while in a cross-leg position (criss-cross applesauce)
19. Playing tennis
20. Playing a game of Simon Says





FINE MOTOR DEVELOPMENT

FOR AGES 6+

- Fully developed eye-hand coordination
- Use all eating utensils appropriately
- Help with household chores (sweeping, moping, dusting etc)
- Able to take care of pets (feeding, grooming, walking etc)
- Draw detailed and complex shapes or pictures
- Begin to develop writing and handwriting habits and skills
- Participate in sports activities
- Have hobbies they enjoy and complete independently
- Learn a musical instrument
- Begin computer skills and use video games
- Are able to draw with greater control and precision
- Can ride a two-wheeled bike
- Learn swimming skills
- Move in time to the beat or rhythm of music
- Able to twist and spin in one place
- Are able to combine motor skills such as running and kicking or moves to music



25 FINE MOTOR ACTIVITIES

FOR AGES 6+

- Art classes
- Gymnastics
- Yoga
- Swimming
- Roller blading or roller skating
- Team sports (such as baseball, football, soccer, hockey, volley ball etc)
- Wrestling
- Tennis
- Horse back riding (especially grooming and pre-riding care)
- Taking care of a pet (dog, cat, bird etc)
- Origami (paper folding art)
- Cooking and baking
- Music lessons (particularly piano, string, or woodwind instruments)
- Jewelry making
- Coloring books (those with more detailed designs)
- Puzzles (those with 50+ pieces or more detailed pictures)
- Dance
- Play croquet
- Crocheting
- Wood working
- Building
- Computer coding or building computers
- Mechanical work
- Board games
- Playing capture the flag

50 FINE MOTOR ACTIVITIES

for children ages 0-3

Bilateral Coordination Skills

1. Turning pages of a board book
2. Stringing 1/2 inch to 1 inch beads on a thick string
3. Throwing or catching soft balls
4. Hand clapping games
5. Building with Duplos® or Legos®
6. Squeezing bottles such as a ketchup bottle with both hands
7. Rolling dough (Bread, play dough) with a rolling pin
8. Pressing cookie cutters into dough
9. Drawing a picture with a simple stencil
10. Put rings on a pegs on a board



Scissor Skills



11. Using play dough scissors to make snips in the dough
12. Simulate cutting by transferring objects with bubble tongs
13. Cut straws into small pieces for a necklace
14. Cut out foam shapes
15. Complete simple 2-4 turn mazes (holding paper with opposite hand)
16. Complete simple connect the dots (holding paper with opposite hand)
17. Fold paper in half
18. Squeezing a spray bottle to water plants, clean windows etc
19. Squeezing a spray bottle to water plants or clean windows
20. Lacing cards

50 FINE MOTOR ACTIVITIES

for children ages 0-3

Pre-Writing Skills

21. Use tongs to pick up small objects (cotton balls, cereal pieces, rice, beans)
22. Coloring or scribbling with age appropriate grasp
23. Roll play dough pre-writing shapes (horizontal/vertical lines and circle shapes)
24. Squeeze plastic bottles or turkey baster and transfer water
25. Squeeze putty or play dough
26. Pinch clothes pins (laundry or game)
27. Draw shapes or lines in shaving cream or hair gel
28. Draw with an Etch-A-Sketch
29. Trace a simply pattern on paper
30. Use finger paint inside a plastic bag to practice lines and shapes



Fine Motor Control



31. Put together 3-4 piece puzzles
32. Build a block tower (up to 10 high, depending on age)
33. Place pegs into a peg board
34. Put coins into a piggy bank
35. Scoop objects with a small spoon or shovel
36. Push small objects into a container or cup
37. Screwing and unscrewing lids off of containers
38. Counting objects such as buttons, beads, cotton balls
39. Push food squeeze pouch caps into a baby wipes container
40. Pounding golf tees into foam with a hammer

50 FINE MOTOR ACTIVITIES

for children ages 0-3

Sensory Activities

41. Ball pit (use a plastic wading pool with ball pit balls)
42. Water play with buckets, cups, and other pouring items
43. Place strips of fabric in an empty baby wipes box
44. Cooked spaghetti play (use with tongs and other fine motor tools)
45. Corn meal sensory bin (use with pouring and transferring dishes)
46. Sound box (include rattles, drums, bells, and other musical instruments to grasp)
47. Make a discovery bottle out of a clean water bottle
48. Make homemade play dough with essential oils (1-2 drops only)
49. Make homemade finger paint with essential oils (1-2 drops only)
50. Texture sticks for counting or patterns



50 FINE MOTOR ACTIVITIES

for children ages 3-6

Bilateral Coordination Skills

1. Use peg boards
2. Lacing cards
3. Building with Legos®
4. Tear lettuce into pieces for a salad
5. Tear construction paper for a collage
6. Peeling stickers
7. Spread icing on cookies or cupcakes
8. Use both arms to twirl streamers
9. Making bead necklaces or bracelets
10. Putting up to 12 piece puzzles together



Scissor Skills



11. Cut straws into 3rds and use to make a necklace
12. Complete 4-6 turn mazes
13. Cut out circle, triangle, and square shapes
14. Cut out clothes for stick people with craft sticks
15. Folding paper into fourths
16. Cutting with crinkle cut or design scissors
17. Threading Buttons
18. Cut out colored lines and make a rainbow
19. Cutting yarn
20. Complete a cutting activity book

50 FINE MOTOR ACTIVITIES

for children ages 3-6

Pre-Writing Skills

21. Use clothespins to pick up objects
22. Pinch fruit loops and slide over tooth picks
23. Form letters with wiki stix
24. Push beads onto pipe cleaners
25. Form lines and shapes with pipe cleaners
26. Use fine motor tweezers or tongs to pick up objects
27. Trace letters in shaving cream
28. Trace sandpaper letters
29. Use letter stamps to form their name
30. String letter beads on string to form their name



Fine Motor Control



31. Use a hole punch to cut out designs
32. Button or unbutton large buttons on clothing or button board
33. Drawing a person with at least 6 body parts included
34. Learn to tie their shoes
35. Build complex shapes (towers, bridges, pyramids, etc) with blocks
36. Screwing various size lids onto containers
37. Practice coloring within the lines
38. Tracing around their own hand with a pencil or crayon
39. Reeling a fishing pole.
40. Simple food preparation (measuring, stirring, cutting soft items with a butter knife)

50 FINE MOTOR ACTIVITIES

for children ages 3-6

Sensory Activities

- 41. Play with sensory bins
- 42. Finger painting coloring pages or a picture
- 43. Popping large bubble wrap
- 45. Playing with bread dough
- 46. Planting flowers or plants in a garden
- 47. Drawing in sand
- 48. Washing dishes
- 49. Drawing or tracing in couscous, rice, lentils etc.
- 50. Playing with musical instruments (drum, piano, violin, recorder, etc)





CALMING NO-COOK PLAY DOUGH RECIPE

Ingredients:

- 1 cup of all-purpose white flour
- 1/4 cup fine table salt
- 1 tbsp cream of tartar
- 2 tbsp of vegetable oil
- 1 tbsp vegetable glycerin
- 3/4 cup boiling water
- 1/4 tsp of icing colors (we used aqua, blue, and green)
- 4 drops each of Cedarwood, Vetiver, and Calming essential oils (optional)

Directions:

1. Mix all of the ingredients except for the icing colors and essential oils.
2. After mixing in a bowl, take the dough out and knead it until it comes together with the consistency you want (smooth and not falling apart).
3. Roll it into a log and cut into 3 parts (if you are using more than one icing color). If you are just going to use one color, add the coloring into the bowl before you knead it. You may want to use a glove to mix and knead the icing colors into the dough so your hands don't turn blue.
4. Add 4 drops of the calming oils (Cedarwood, Vetiver, and Calming) to your colored dough. Our green one was Cedarwood, dark blue was Vetiver, and aqua was Calming. This step is optional.

To store them, place each dough ball into a small plastic bag or airtight container. It will last you for a few months this way.



RAINBOW CONFETTI PARTY SLIME

Ingredients:

- 1/2 cup Elmer's white glue
- 1/2 cup water
- Wilton Color Right liquid (black)
- 1/4 cup liquid starch
- rainbow sprinkles

Directions:

1. In a bowl, mix 1/2 cup of water with 1/2 cup of glue.
2. Mix in the liquid color.
3. Pour in the liquid starch.
4. Stir. Keep stirring until the liquid is gone and a glob of slime forms.
5. Knead the slime. It will be stringy and goopy in the beginning, but will quickly become more and more the consistency of slime.
6. Set the slime down and allow it to flatten out.
7. Sprinkle with the confetti sprinkles and let it sit 20 seconds or so.
8. Pick the slime up from underneath.
9. Store the slime in an airtight container.

Special note: As the slime is played with, the sprinkles will mix in and lose their coloring, but that's all part of the fun. Once they are dissolved, it will look like a completely new slime!



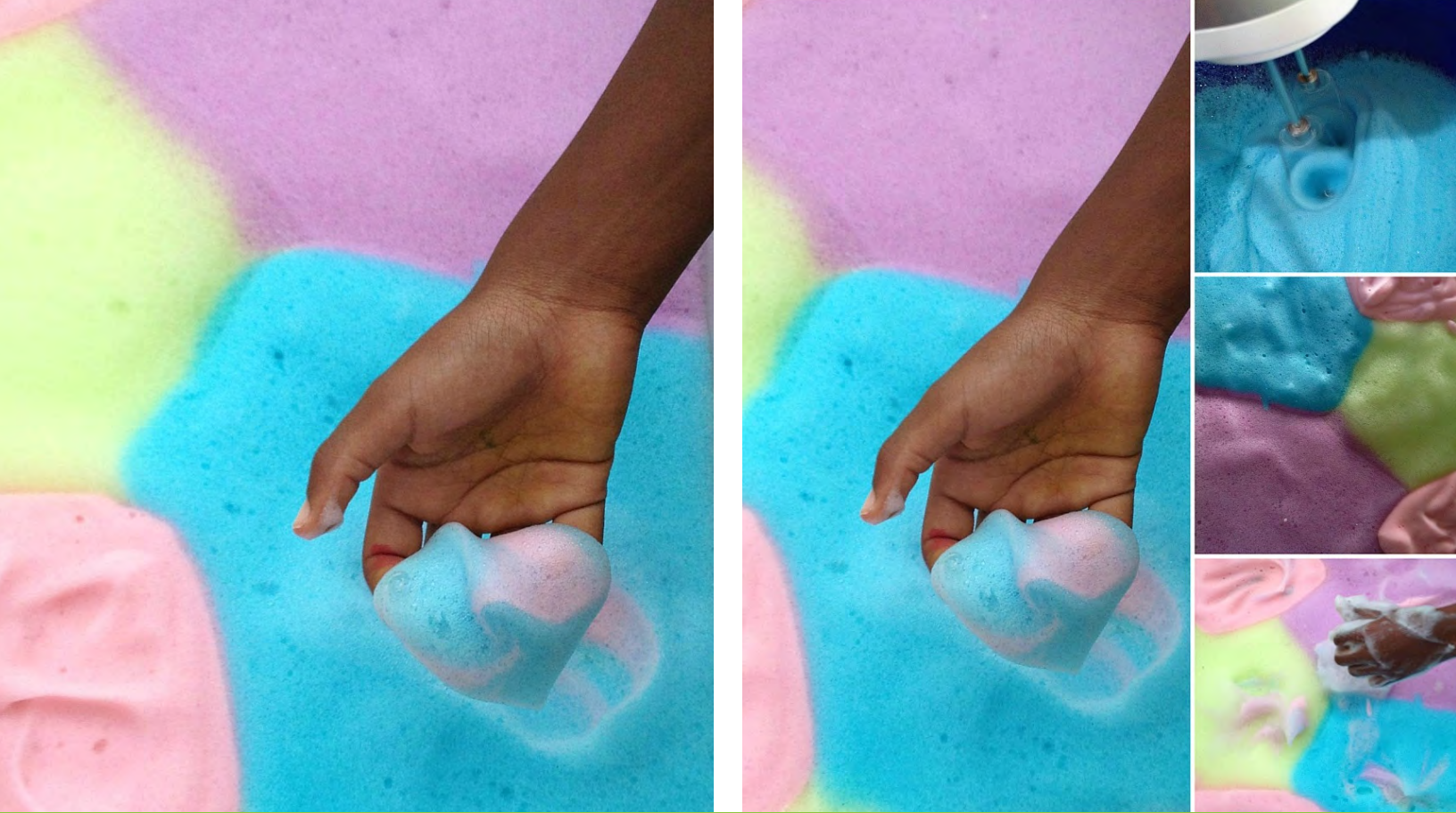
PUMPKIN SCENTED OOBLECK

Ingredients:

- 1 cup of cornstarch
- 1/2 cup water (start with 2-4 tablespoons and add more as needed to get the right consistency)
- 1 tsp. Pumpkin Spice liquid
- Orange food coloring
- Glitter (optional)
- Bowl
- Spoon

Directions:

1. Dump the cornstarch into your bowl.
 2. Add the pumpkin spice to the corn starch.
 3. Start mixing 2-4 tbsp. of water in at a time. Once you are able to get the melting effect when the oobleck leaves the spoon, you are getting close.
- The oobleck will look like a liquid in the bowl, turn into a solid when you touch it with the spoon and then melt as it leaves the spoon. It will also do the same thing when you touch it with your hands.
3. Add 4 drops of orange food coloring. You may need to add a few more of each color to get the orange color you want.
 4. Add glitter, which is optional.



RAINBOW SOAP FOAM

Ingredients:

- 5-10 drops of food coloring
- 1/4 cup water
- 2 Tbsp. dish soap
- hand mixer
- optional: glitter

Directions:

1. In a bowl, add 1/4 cup water, 2 Tbsp. dish soap and 5-10 drops of food coloring. I also added some glitter with the food coloring to this step.
2. Mix on high with a hand mixer for about 2 minutes, until peaks form.
3. Put the foam into a shallow bin.
4. Rinse the bowl and beaters and follow the instructions again using a different color of food coloring. Repeat until the desired number of colors are created, adding each to the bin.



LAVENDER SCENTED BUBBLES

Ingredients:

- 1 1/2 cups lukewarm water
- 1/2 cup unscented, clear dish soap
- 1/4 cup light corn syrup
- 3-5 drops lavender essential oil
- optional: 3 drops of food coloring

Directions:

1. Mix together the water, dish soap, and corn syrup.
2. Once it is well combined, add the drops of essential oil and food coloring and mix in.
3. Pour the bubble mixture into a container, add a bubble wand and start making bubbles!