

FINE MOTOR SKILLS

Fine Motor Skills involve the small muscle movement in fingers in order to coordinate an action. Examples include

- ✘ Holding a pencil
- ✘ Picking up a penny
- ✘ Zipping a jacket
- ✘ Pushing a button



FINE MOTOR WARM-UP

Large motor movement with proprioceptive input is best prior to fine motor work.

- ✘ Animal walks
- ✘ Yoga poses
- ✘ Climbing
- ✘ Wheelbarrow walks
- ✘ Anything weight bearing through arms



ACTIVITIES TO PROMOTE FM PINCH

- ✘ Using tweezers or adapted chopsticks
- ✘ Pulling hidden objects out of putty/play dough/ dough
- ✘ Placing coins in a bank
- ✘ Coloring with shortened crayons/chalk-best on upright surface
- ✘ Using fingers to pick up small beads/cereal
- ✘ Turning keys
- ✘ Placing pegs in a peg board
- ✘ Pinching clothespins
- ✘ Pulling Kleenex or scarves out of a box

ACTIVITIES TO PROMOTE BILATERAL FM SKILLS

- ✘ Stringing beads
- ✘ Lacing cards
- ✘ Clapping games
- ✘ Catching a ball with two hands
- ✘ Balloon volleyball
- ✘ Interlocking blocks
- ✘ Spreading on crackers/breads

ACTIVITIES TO PROMOTE HAND STRENGTH

- ✘ Kneading play dough, dough, clay
- ✘ Using a hole punch
- ✘ Manually sharpening pencils
- ✘ Cutting all sorts of textures
- ✘ Squeezing water out of sponges
- ✘ Popping bubble wrap