

Fine Motor Activities for Home

Given by school Occupational Therapist
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1. Legos
2. Use tweezers/chopsticks to pick up craft pom poms, mini marshmallows (sort them, count them, etc) – using only thumb and first two fingers to squeeze tweezers
3. Clothespins – clip them onto different things throughout the house, clip to each others clothes – using only thumb and first two fingers to squeeze clothespin
4. Hidden Pictures books (circle the hidden pictures) – emphasize making the circles starting at the top of the picture and going counter clockwise (same way as the “magic c” letters are made)
5. Wikki Sticks – make shapes, numbers, letters, balloons, sun, house, person
6. Lacing boards
7. String things (beads, cereal, dry noodles) – using string, yarn, pipe cleaner – emphasize using thumb and index finger to pick up items they are stringing
8. Pop beads
9. Stamps (have them stamp on the lines of adult drawn shapes, capital letters, numbers)
10. Play dough (roll into balls, cut it, roll into snakes, squeeze it, hide beads in it, use cookie cutters, make letters to spell out spelling words, have each child make a word from a word family)
11. Puzzles
12. Barrel of monkeys game (link together, count, sort if they are different colors)
13. Play in a bowl of rice or sand and hide things in it to find (paperclip, crayon, spoon, small toy, etc)
14. Pouring water into different containers
15. Drawing (with pencils, markers, crayons, paint)
16. Provide small pieces of chalk or broken crayons for children to write or draw with
17. Mix food coloring and water and use eyedroppers to decorate flattened coffee filters – emphasize using only thumb and index finger on the eyedropper
18. Spread cards, coins, or buttons on the floor and encourage students to turn them over
19. Cut out letters/words that go with that days lesson in school
20. Cut pictures out of old magazines that are categories (animals, transportation, food) or things that start with the letter they worked on that day in school – emphasize that they are holding the scissors correctly
21. Use a squeeze trigger water bottle to water plants
22. Play board games with small pieces that need to be manipulated

Functional tasks at home:

1. Help fold towels
2. Wring out wash cloth and wipe table, countertops
3. Mix dough by hand
4. Water plants with a spray bottle
5. Open containers (screw lids)
6. Pour ingredients into mixing bowl during cooking (ie: flour, sugar, salt, etc)