

## Taunton Public Schools - Department of Special Education

### Occupational Therapy

## FINE MOTOR SKILLS

**Weaknesses with fine motor skills may impact a child's handwriting abilities. It is important to develop the intrinsic muscles of the hand in order to promote a proper pencil grasp and dynamic finger movements for handwriting. Here are some suggestions for activities to do at home that will work on your child's fine motor skills.**

Magna doodle	"Legos", snap beads, pop beads, flexi-blocks
Lite Brite	"Bristle Blocks"
Lacing shapes/shoes	Writing, drawing, painting on a blackboard or easel
Stringing small bead	Cutting straws, "Playdoh", clay, poster board with scissors
Stringing small bead, buttons, macaroni	Use tongs or strawberry hullers to pick up objects
Tracing, dot-to-dot grids, mazes (activity booklets)	Open and close clothespins
"Gulping Guppies"	Sticker pictures
Finger paints	Flipping pennies, placing pennies in piggy bank
Painting with a brush	Playing cards/checkers
Using tweezers to pick up small objects (macaroni, rice, tiny beads)	Operation game (Sponge bob operation)
"pick-Up Stix"	Mancala
Drawing in shaving cream	Stabilizing penny with ring (pinky finger while completing fine motor activity)
Sand play (molding shapes, drawing designs and letters)	Windup toys
Crumple paper into small ball, flatten and try again	Jacks
Spinning tops	Origami
Unwrapping Candy	Jenga/dominoes
Finding objects hidden in putty/Playdoh	Squirreling objects (pick up objects with thumb/index push into remaining fingers)
Sign Language patterns	Practice button/zipper
finger whole punch	Open/close tooth paste
Put inside plastic sleeve to use as dry erase	Pinching closed zip lock bags
Snapping fingers	Make a row of X's with pencil Circle 1 <sup>st</sup> flip to eraser and erase next, flip to circle and so on. No using anything but fingers holding pencil to flip pencils
Using small broken/short crayons	
Using squirt gun/spray bottle or small pieces of cut up sponge	