

Occupational Therapy Activity Suggestions: Fine Motor Activities

1. Puppet play with hand and finger puppets to encourage movement with fingers.
2. Work with pegboards. Make lines, designs, shapes and have your child copy what you made on their board. Make designs with coloured inch cubes and have your child copy them. Parquetry games and puzzles are helpful, too, and can be purchased.
3. Marble games - try to get the marbles into a small cup leaning on its side. Try to aim for and hit other marbles. Try to shoot a marble so it follows a specific path through other marbles.
4. String beads, beads or macaroni on shoelaces, or a straw if the lace is too difficult. Copy a sequence of different shapes and colours of beads. Lacing cards are fun, too.
5. Sorting small objects into categories - buttons, paper clips, beads, etc., using thumb and index finger, thumb and middle finger, thumb and ring finger, etc. Place the sorting box (maybe, an egg carton) on child's left and have him/her use right hand, so that s/he crosses their midline.
6. Squishing paper into balls - start with lightweight paper and move onto a heavier construction type paper or tin foil, etc.
7. - pulling objects apart - pushing them back together
 - squeezing sponges in water or squeezing a ball
 - opening/closing lids of bottles or jars
 - using squeeze handled scissors
 - carpentry activities i.e. - hammering
 - wind-up toys
 - playdough, cookie dough, silly putty, etc.
 - hitting a ball or balloon on string
 - hitting bubbles with:
 - an open hand

- with one finger
 - with the thumb
 - between hands
 - squeezing clothespins on to a box
 - stretching elastic bands over nails or between individual fingers and thumb
 - using toys/instruments requiring individual finger control
 - getting small snacks out of a small cup like a Dixie cup
 - interlocking toys (e.g., lego, mega blocks, Lincoln logs, Duplo, puzzles)
 - gluing and pasting crafts
8. Finger tug of wars – pinch popsicle stick or rubber band between finger and thumb. Make sure the child keeps an “O” shape and then tug away.
 9. Hand races – line up items (spoons, buttons, pennies) and pick up in one hand as fast as possible.
 10. Use squeeze bulbs to blow cork of ping pong balls back and forth. This is also fun when done in water.
 11. Use tweezers, strawberry hullers, clothes pins to pick up different small objects and put them in containers.
 12. Draw or colour with small pieces of crayon or chalk.
 13. Crafts – colouring, cutting, folding and pasting with paper and other materials.
 14. Painting e.g. finger painting, house painting strokes (painting with a large brush and can of water on sidewalks/patio etc.), easel painting.
 15. Small cars/trucks e.g. draw roads on a large piece of cardboard for the cars to travel on.
 16. Playing with magnets and poster board, e.g. one magnet under the board moves the magnet on top to follow patterns drawn on the poster board.