

Activities for Developing Fine Motor Coordination

Dear Parents:

These are some activities to strengthen small hand muscles. Please keep these activities fun and integrate them into your daily routine.

1. **Learn to fingerspell the ABC's using American Sign Language.**
2. Pick up small objects such as coins, beans, marbles, seeds, buttons, nuts and bolts. Sort them into containers of varying sizes.
3. Pick up objects (blocks, cotton balls, pom-poms, crumpled balls of paper, counters, etc.) using various-sized tongs, tweezers or clothesline hooks.
4. Stack objects (coins, cards, checkers, blocks, etc.).
5. Screw and unscrew objects such as nuts and bolts, caps from jars, etc.
6. String beads onto a shoelace.
7. Play with Lite Brite toy.
8. Cut straight and curved lines/shapes drawn on paper, cloth, etc., with scissors.
9. Play the piano; do fingerplays.
10. Type on keyboard.
11. Crumple paper into a small ball and then flick it with the finger (play "soccer" with the paper ball).
12. Shuffle cards, deal cards one by one, turn cards over.
13. Roll a pencil between thumb and fingers without dropping it.
14. Stick small objects into playdough or silly putty for him or her to pull out.
15. Wind thread on a spool evenly.
16. Put rubber bands around various-sized containers and objects.
17. Move spoonfuls of small objects from one bowl to another.
18. Do up buttons, zippers, hooks, etc.
19. Tie shoelaces.
20. Manually sharpen pencils.
21. Put keys into locks to open doors.
22. Put paper clips onto paper.
23. Place clothespins on the edge of a box or container or on a line.
24. Use Wikki Stix to form shapes, letters, numbers, and other designs.
25. Color using the flat side of a crayon. Put paper over leaves, stencils, and other objects so that the child gets sensory feedback as he colors.
26. Use sprayer bottles filled with water and sponges to have the child "clean" a desk or table, then squeeze the excess water into a dishpan. This is a great pre-scissor skill activity.
27. Lace various-sized beads. Using both hands develops bilateral integration.
28. Play with dough using words like poke, squeeze, pound, press, and knead.
29. Use puzzles with pegs.
30. Wave using the "pincer" grasp (two fingers and a thumb).

The original source for this article is unknown. We have adapted and added to this list and invite you to do the same.

From *Parents as Partners in Kindergarten and Early Literacy: Multiplying Our Teaching Effectiveness*, by Nellie Edge© updated 2012.