

IDEAS FOR FINE MOTOR DEVELOPMENT

- Any type of squeezing activity-for example squeezing out sponges into a bucket (in the spring you can have a race across the yard to fill a pail with water).
- Fill squirt guns, old hair spray cans or squirt bottles with water and wash objects.
- Marble painting-take an old dishpan and put paper in the bottom. Place small drops of paint onto the paper. The child has to make the marble roll through the right sequential colors to paint the picture. Make sure the child's body is still and she/he only uses their wrists to move the container.
- Cutting old cards or oak tag type of paper. Make designs.
- Coloring on a vertical surface at or slightly above eye level-buy a simple coloring book for rainy summer days.
- Use stencils, stampers or any type of tracing activity.
- Balancing on tape lines in the house curbs or ropes outside. Also, walking heel to toe after normal balance is removed.
- Popping bubbles with a toothpick or pixie stick-blow the bubbles one or two at a time and keeping her/his feet stationary have the child pop the bubbles.
- Sidewalk chalk-the child must draw and erase using squirt bottles
- Make tiny balls out of paper using only the 3 fingers that are used for writing (thumb, first and middle). Have the child try to flick the balls into a cup placed across the room. Give point values for targets.
- Make mazes out of jump ropes or string. Have the child try to do gross motor activities through the maze. Vary the width and the type of the maze (curved, circular straight, angular). Try hopping on 1 foot, skipping, running, bear or crab walking.
- Have the child follow mazes with a pencil. You can draw them or even have the child create his own. Go from simple to complex by varying the width, shape and length of the maze. Make sure the child holds her/his pencil correctly.
- Make sand pictures by coloring sand with food coloring in food jars. The child can tighten the lids and shake to mix the color. Take a regular coloring book picture and have the child put glue on parts with a Q-tip. Have her/him gently sprinkle the sand over the area.
- Have the child draw smiles on her/his fingers for correct finger placement. Before writing use finger warm up exercises such as finger-plays (teensy, weensy spider) or spider walking up and down the pencil.
- Small skinny crayons work great for finger placement. The child does not have room to place incorrect fingers on the writing utensil.
- Have the child make tiny balls out of play dough. Work the play dough with 1 hand. Flick balls, make snakes or spaghetti.

A HOME PROGRAM FOR GROSS AND FINE MOTOR DEVELOPMENT

GROSS MOTOR/STRENGTHENING

- Any type of climbing activity-jungle gym, rope, playground, climbing trees, etc.
- Jumping jacks-try to reach 25.
- Jump rope or jumping with a hula hoop-once the child can jump 10 times have the child try different ways of jumping (hopping on one foot, skipping, running with the rope, backwards jumping).
- Bike riding-great for balance
- Walking along curbs, tree lines, etc.
- Soccer, baseball, "T" ball, etc.
- Badminton and volleyball
- Juggling-scarves, balls or bean bags
- Tossing bean bags into containers
- Skipping, galloping, hopping, running
- Shoveling dirt or sand
- Horseback riding is great for balance
- Any type of physical exercise or rough and tumble play-throwing, catching, kicking, swimming, etc.
- Hopscotch
- Twister
- Manual typing
- Squeeze bottles, squirt guns aimed at targets on walls or bathtubs
- Cutting different types of paper-sandpaper, oak tag, etc.
- Opening tight lids
- Pulling putty, clay or play dough

- **Playing tug of war with coffee stirrers**
- **Walking fingers up and down pencils**
- **Hanging clothes up to dry**
- **Drying dishes**
- **Pushing, pulling or carrying heavy objects**
- **Walking different ways-wheelbarrow walk, bear walk, crabwalk, etc.**
- **Stirring cookie dough**

A HOME PROGRAM FOR GROSS AND FINE MOTOR DEVELOPMENT

VISUAL MOTOR ACTIVITIES

Computer mouse or joystick games

Writing mazes, dot to dot, or color by number

Flashlight tag

Copying a picture that is taped on the wall

Baseball, catch, etc.

Popping bubbles with a pick up stick
Checker, board games, etc.

Puzzles

Juggling

