

Activity List for Fine Motor Task

1. Dino game with cotton balls. Have student use index or index and middle finger to squeeze trigger and pickup cotton ball with Dino's mouth.
2. Tongs with picking up items. Please use the thumb index and middle fingers on the tongs when squeezing. Blocks, pom poms, small cubes, cotton balls Tiny rubber animals like frogs, worms or sea animals are also great.
3. For cutting wrapping a rubber band between the handles may decrease chopping of paper. Focus on cutting a straight line first and then add a slight curve then progress to slight changes in direction. Always make sure thumb is up and the helping hand is manipulating the paper rather than the scissor hand trying to turn and move to far away from the body.
4. Making round small ball shapes with playdoh and squishing them when all done with the thumb, middle and pointer finger. Make a pancake and place small pegs or tooth picks into the playdoh (you can make patterns or incorporate math numbers or letters) Have student remove with a pincher grasp (thumb and pointer, may include index if student desires).
5. Alphabet Game- rolling dice and moving small object whatever letter you land on you write. Please try to have the student use 3 lined paper and use the lines appropriately to reinforce letter memory and good letter formation.
6. Clothes pin or clip activity. Place numbers, letters or colors on the pin/clip ask the student to use their thumb, index and pointer finger to squeeze the clip/pin onto a card or number line, letter line or color card. You can turn this into a writing game also by having the student write whatever pin he draws (if you have face down on table it can be a memory game if trying to go in order)
7. Play with silly putty. Lay on comic strips. Pull and stretch it.
8. When writing on a vertical surface like the white boards it would be good to have whiteboard crayons rather than markers. There is not enough resistance in the marker to give good feedback to the hand as to where it is and what is making. You can make shapes, numbers or letters. If you are making letters or numbers with older students Please put three lines (top, dotted middle and bottom) on the board.
9. Flash Light letters. You can make large letters using flashlights on the wall. If you are working with students who are unsure of the letter you can make large posters with letters on them. Talk your student through the letter

formation. Start with both hands on the flash light then progress to their writing hand only.

10. Penny Flip. Lay out 10 to 20 pennies heads up and have student flip the penny over without sliding the penny to the edge of the table. To make a greater challenge have the student pick up each penny one at a time and squirrel away in his palm. Another challenge could be moving the pennies from the palm of the hand to thumb and pointer fingers without the use of the other hand and without dropping from palm.