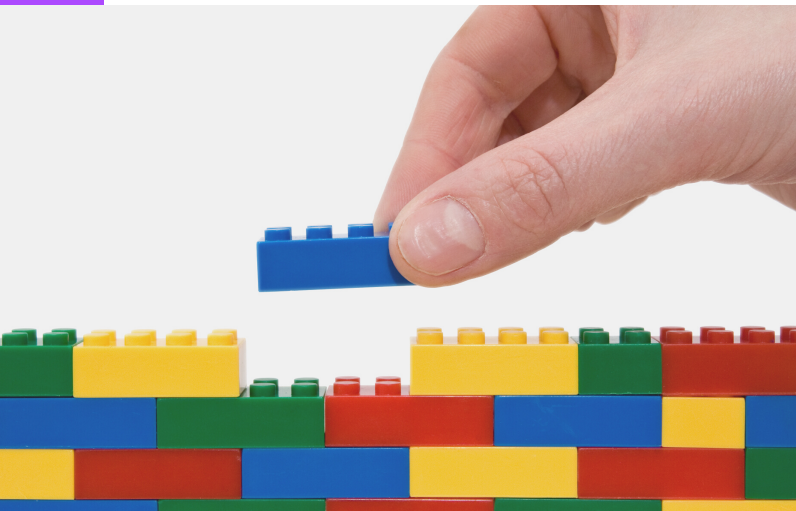


# Fine Motor Coordination

*Key To Independently And Successfully  
Do Many Daily Activities*



## 20 PLAY ACTIVITIES TO HELP YOUR KIDS DEVELOP HAND & FINGER COORDINATION

**By Anahita Daruwalla, MA, OTR/L  
Pediatric Occupational Therapist**

These hands-on activities will get your child's hands and fingers ready to be able to independently and with precision take care of their own self-care and school activities. You have many of the materials already at home!

1. Doing activities where your arm is in the vertical position will promote shoulder strengthening, proper wrist alignment, and promote use of hand muscles.
  - Drawing and coloring on white board/chalkboard propped upright
  - Painting on an easel
  - Using magnetic letters/numbers on the refrigerator
  - Commercial games such as Light Bright

**FOR MORE INFORMATION AND RESOURCES PLEASE VISIT: [WWW.EMPOWERING-KIDS.COM](http://WWW.EMPOWERING-KIDS.COM)**

## MORE FUN HANDS-ON ACTIVITIES:

2. Playing with playdough, putty, or model magic are fantastic to build fine motor strength and coordination.
  - Squeeze and model the dough with your hands and use tools (such as cookie cutters, scissors, rolling pins). Remove excess dough with fingertips.
  - Make small balls with only your thumb, index, and middle fingerpads. These make great fun to build with and to use as math counters!
  - Roll out dough with 2 hands to make a log. See what you can build!

### Homemade Playdough Recipe

- 2 cups flour
- 1/2 cup salt
- 1 Kool-Aid package

Mix all ingredients together with both hands or with a spoon.

Store in an air-tight container. Safe if kids accidentally eat it! Have fun!



3. Help an adult cook!
  - Stir or whisk food (builds shoulder, arm, wrist, and hand muscles)
  - Open a can using a can opener (develops fine motor strengthening and coordination)
  - Roll out the dough (builds shoulder, arm, and wrist muscles)
  - Sprinkle toppings on food (works on those fine motor muscles)
4. Decorate tissue paper or coffee filter using an eyedropper.
  - Squeeze plain water using the eyedropper onto tissue paper to make artwork.
  - Use colored water or watered-down paint to squeeze using eyedropper to decorate coffee filters.
5. Use tweezers or small tongs to pick up or sort small objects (such as cotton balls, playdough balls, poms poms, koosh balls, and beads).
  - These make great manipulatives for counting and other math tasks.

## EVEN MORE ACTIVITIES:

6. Use a travel-size spray bottle to water plants, tissue paper, or make sidewalk art.
7. Tissue paper art. Tear tissue paper into strips or pieces. Roll tissue paper into small balls using one hand only. Glue down to make a picture.
8. Lacing activities are great for development of pincer grasp, bilateral coordination, and problem solving, and motor planning to weave up and down.
  - One can use commercially available lacing cards or make your own by hole punching thick paper and using a string or ribbon to lace.
9. Pick up 2-4 pennies one at a time, and release them one at a time in a piggy bank.
10. String small objects (such as beads, cut-up straws, Cheerios, and macaroni) to make necklaces, bracelets, banners. Get creative!
11. Play with manipulative toys such as Legos, Bristles Blocks, Lincoln Logs, and other building blocks.
12. Wind-up toys with small knobs. Encourage the child to use their thumb, index, and middle fingers to wind it up instead of using their whole hand and wrist.



*Remind your child to keep the fingers they are not using folded inside the palm of their hand.*



## HANDS-ON ACTIVITIES KEEP COMING!

13. Games with small pieces to manipulate help refine those fine motor muscles. Games such as any game with dice, Mancala, and Geoboards.
14. "Hidden Treasures": Adult hides beads inside playdough or putty and see if child can find all the beads. To make it challenging, play Simon Says where the adult names which finger(s) the child can use to find the beads.
15. Rubberband ball: Child places colored rubber bands on a small bouncing ball to create a rubber band ball.



16. Sticker fun: Child places stickers on paper to make a pattern, follow a design, or make their own picture. Stickers are reusable if used on wax paper!
17. Draw and stamp with Magnadoodles.
18. Hanging artwork using small clothespins. Child uses clothespins to hang up their artwork or schoolwork on a clothesline (can be a string hung up).
19. Pop Bead Rings: Child pushes together and apart large beads to make jewelry or rings to throw on targets. Increase the challenge with small pop beads.
20. Make confetti using hand-held or mini hole punchers. Offer thinner or thicker papers to scaffold the activity!