

Fine Motor Opportunities for the Home

Self-Care:

A great way to get your child engaged in dressing is to allow them to take part in dressing every day or play dress up with your clothes to turn this everyday activity into a fun, imaginative game.

- Brushing/Braiding Hair
- Brushing/Flossing Teeth
- Buttoning, Snapping, or Zipping: Pants, Shirts and Jackets
- Lace and tie shoes

Chores that help everyone:

- Washing the windows
- Wiping the table
- Fold wash clothes
- Sort silverware (take away the knives or other sharp tools)
- Tearing and throwing away junk mail
- Cut out coupons
- Water Plants with a spray bottle
- Matching socks
- Making/Kneading pizza dough
- Matching and putting the lids on the containers
- At the end of the day, put loose change in piggy banks

Family/Group Play Ideas:

Go to the park to help your child build trunk and upper extremity strength, work on balance, and socialize among other children.

- Great Park activities:
- Climb the monkey bars, go up and down on the see-saw, swing back and forth on the swings, build a sand castle in the sandbox, and go down the slide.
- Join a sport/activity or play with people at home
 - Dance, Gymnastics, Karate...etc.
 - Basketball, Tennis, Volleyball... etc.
 - **Can use different types of balls to accommodate to child's level of performance*
 - -balloons work great if you need to slow the ball down
- Complete puzzles
- Board Games that promote use of hands and fine motor skills (ex. Jenga)
- Play two player video games (supervise if online)

Individual Play Ideas:

- Pull off stickers and place them on a page
- Play with play dough- roll, squeeze, and pinch
- Make necklace with beads or macaroni
- Write, draw or paint on a vertical surface
- Build with small building blocks or Legos
- Domino mazes
- Make an obstacle course
- Using tweezers to pick up objects
- Stretching rubber bands over toilet paper tube
- Squeezing water out of the sponge to fill up a bucket