



Recommended Activities to develop Fine motor skills and in Preschool, Elementary, and Middle School

UPPER EXTREMITY STRENGTHENING:

1. Writing/coloring/drawing/painting on a vertical surface (easel/chalkboard) helps to develop stability in the shoulder/arms necessary for functional hand control.
2. Closely supervised playground activities (monkey bars, climbing), require a lot of heavy work in the shoulders/arms which is necessary for good hand control.
3. Wheelbarrow walking/animal walks activate the shoulder/arm muscles also necessary for good hand control.
4. When watching TV or reading a book, have your child lay on the floor propped on his forearms/elbows as this requires weight bearing through the shoulders.
5. Crab Soccer (soccer in the crab position).
6. Fishing magnet puzzles require adequate shoulder stability, add them to a bucket of water for lots of fun!
7. Have a pizza night! If you are making dough, let them manipulate it or let them stir it with a wooden spoon to help strength shoulder muscles.
8. Have them help you roll out cookie dough with a rolling pin and decorate cookies with small sprinkles using their fingers to put them on.

HAND STRENGTHENING ACTIVITIES:

1. Tool use: (picking up small objects (cotton balls) using a variety of tools - tweezers, tongs, eye droppers, turkey baster, cutting different materials (twizzlers, marshmallows, construction paper, straws) - make a game out of using the tools (ie. Who can fill up the cup with the liquid using a turkey baster/eye dropper?)
2. Stringing small beads

3. Playdoh/clay activities - write letters in playdoh, make small balls of playdoh put a hole through it and try to string them, use a garlic press to "cook" with the playdoh, as well as scissors, plastic knives, etc.
4. Pinch games/activities.
5. Glitter glue to make holiday cards/pictures.
6. Using clothespins to hang up pictures on string/clothes on a clothes line.
7. Arts and Crafts projects - have them assist you in making holiday decorations/cards paying close attention to what they have to do with their hands.
8. Lacing activities
9. Add Velcro to toys that have to be pulled apart or put together to add resistance
10. Have them help you clean the table/fridge door with a non-toxic squirt bottle to help strengthen the hands.
11. Squirt bottles! Color with chalk on the pavement and then clean it up!
12. Squeezing sponges in a tub of water, at the beach, or in a water table.
13. Searching for magnet letters in or outside the house...then have them write the letter on a white board, in sand, or shaving cream.

COMMERCIAL GAMES/ACTIVITY SUGGESTIONS:

1. Lite Brite
2. Jacks
3. Pick up Sticks
4. Board games with dice/cards - have them be the dealer or make sure when they roll the dice they cup their hands together instead of using the cup.
5. Magnetic sculpture
6. Hungry Hungry Hippos (encourage them to use one finger instead of their entire hand)
7. Don't Break the Ice
8. Hi Ho Cherry O (use tweezers to pick up the cherries)
9. Fishing Magnet Games
10. Connect Four
11. Operation
12. Perfection
13. Don't Spill the Beans
14. Barrel of Monkeys
15. Jenga/Stackable Uno
16. Etch - a- Sketch

17. Magnadoodle

18. Checkers

19. Upwords

20. Battleship

21. Bingo