

Fine Motor Activities

1. Dominoes - stand them up in a row. How many can you stand up before they fall over?
2. Scissors - cut a variety of materials: straws, fabric, string, yarn, tape, plasticine.
3. Pin Pricking - use a push pin (or pointed toothpick) on a small carpet square to perforate the edges of a small shape drawn on construction paper. Carefully tear along the perforation to release the shape.
4. Elastic Bands - tape strips of coloured tape around a piece of wood, ruler, paintstick or strip of cardboard. Students slide several coloured elastic bands along the object to match the tape strips.
5. Paper Clips - demonstrate how to use a paper clip. Students slide a variety of paper and spring-loaded clips along a length of sturdy cardboard.
6. Tweezers, Tongs, and Spring-Loaded Clips - students pick up and transfer individual objects with tweezers or spring-loaded clips (ex., cotton balls, pom poms, pasta, etc.)
7. Spinner Games - need a four colour spinner and strips of cardboard with patterns of coloured dots on them. Students spin, and then use tweezers, tongs, or spring-loaded clips to pick up that colour marker lid and place it on the corresponding coloured dot.
8. Pennies - drop pennies, one at a time, into a narrow slot (piggy bank, etc.)
9. The "One-Handed Game" - with one hand behind them, or in a pocket, students pick up one penny at a time from the table top using only the thumb and forefinger, and place them into the palm of the same hand.
10. Tracers and Templates - trace around tracers and templates using a variety of writing tools (pencils, markers, coloured pencils, crayons). Teach students how to stabilize the tracer or template.
11. Lacing - lace pasta, beads, buttons, foam shapes, etc., with yarn, string or pipe cleaners.

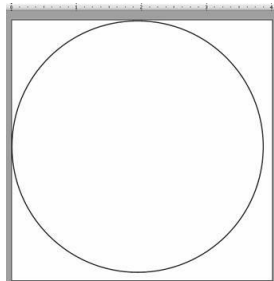
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2.



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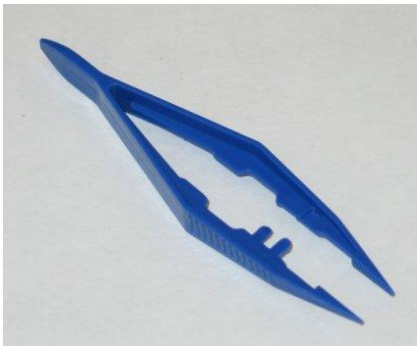
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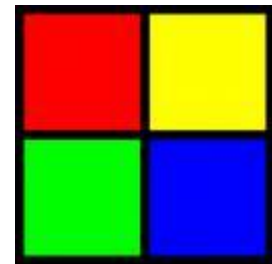
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6.



7.



8.



9. "one-handed game"



10.



11.

