

Fine Motor Matters

Presented by Julie Hamilton

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Play dough with plastic scissors, pizza cutters, garlic press, plastic knives, popsicle sticks, etc.

Paper clips or clothes pins on stiff paper

Hole punches

Rubber bands around containers or blocks

Windup toys

Stickers

Puzzles

Tracing

Lacing

Tweezers, Tongs, clothes pins, chip clips with pom poms or mini erasers

Stringing necklaces with cut straws

Clay

Stack pennies

Eyedroppers with water

Bolt & Screw

Tearing paper

Cutting magazine pictures

Squirt toys with pom poms

Collage

Wikki Stix

Dry Erase Boards

Band-Aid art

Pony beads with pipe cleaners

Tape (masking tape, presents, decorate room)

Tear toilet paper

Hammering- golf tees in Styrofoam or boxes or pumpkins, roofing nails into tree stump

Sidewalk Chalk

Shuck Corn

Snapping green beans

Peeling carrots or potatoes

Snap Beads or cubes

Clothes Pins - Make Tents, Dry clothes

Band-Aids

Squirt bottles with water or liquid water color

Play-Dough

Finger Plays

Cracking open pecans

Opening peanuts

Making Pico

Painting

Lego

Suction cups with beads and water

Clothes line with Barbie clothes

Toothpick punch

Pinching Sand

Insect wrap

Birds eating worms

Pouring water

Counting Kernels

Beading a Feather

Mr. Potato Head

Rubber bands on cardboard tube

Golf tees and marbles

Hand Held Hand beater and turkey baster in water

Pipe Cleaners or straws or fake flowers and colanders

Lego

Fruit loop tower

Weave ribbon in sink mat or basket

Bubble Wrap

Curlers

Hangers

Popping pool noodle slices

Brainstorm ideas to add other aspects such as math and literacy skills to the fine motor skills we have discussed. Also, share some of your favorite ideas.