

## **Fine Motor Strengthening Activities**

- Hole punch or paper punch using scrapbook shapes
- Cut thick paper –begin with construction paper, then progress to thicker paper such as manila folders. Start with basic lines then progress to shapes.
- Make a collage by cutting pictures out of magazines
- Wrap a rubberband around the base of the child’s scissor blades to strengthen hands while cutting
- Find and hide small beads in putty
- Cut putty into 1” pieces with scissors
- Make shapes or letters out of putty or playdough
- Use cookie cutters in playdough
- Staple papers together
- Clip clothespins to the side of a container
- Pick up objects with clothespins or tweezers
- Use squirt bottle to clean off the chalkboard
- Soak sponge in water filled container then squeeze out into another container
- String beads of different shapes and sizes
- Use a turkey baster to blow cotton balls or pom poms across the table
- Animal walks (bear, crab, etc.)
- Write/color on paper taped on the wall/vertical surface
- Have child lay on back on floor and color picture taped underneath table top
- Have child lay on stomach and color picture laying on the floor
- Write on top of sandpaper, textured material or the bumpy side of cardboard
- Rip up tissue paper, roll into balls, then glue on paper to make a colorful scene
- Open/close lids on jars
- Play tug of war with rope
- Play games with small pieces such as Trouble, Connect 4, Lite Brite, Legos, etc.
- Pop air bubbles of packing material

- For improved pencil grasp, try a pencil grip (such as “The Pencil Grip” found at the Classroom Connection store or “Twist-n-write” pencil, which will soon be carried at Classroom Connection or found on [www.penagain.com](http://www.penagain.com))
- For improved wrist positioning, try performing paper/pencil tasks on a slanted surface – take an empty 3” binder and place with the rings end away from you and narrow end in front of you – same concept as an easel