

OCCUPATIONAL THERAPY FINE MOTOR FUN

Hand skills are fundamental for the development of handwriting. Small movements of the hands are referred to as fine motor skills. These activities can help your child strengthen their hands and develop their fine motor skills .

FINE MOTOR ACTIVITIES:

1. Put together small beads, Lego, Tinker Toys, Knex etc.
2. Knead dough, clay or Play-Doh and build an object—hide objects in the dough, roll small balls between fingers
3. Squirt a water bottle, water guns, squeeze glue bottles
4. Lace cards, tie shoelaces
5. String popcorn, beads, buttons to make necklaces
6. Paint, draw or color on a vertical surface
7. Wheelbarrow walking, crawling, hang on a playground apparatus
8. Tear paper into small strips-use them for collage or crumple them into balls
9. Use clothes-pins/tweezers to pick up small objects
10. Manipulate finger painting/shaving cream or other liquids with the fingers and hands on paper plates—Clean up!!
11. Screw and unscrew objects such as nuts and bolts and jars
12. Shuffle cards, turn them over, deal cards one by one
13. Move spoonful of objects from one bowl to another
14. Cut straight and curved lines/shapes drawn on paper, cloth, etc. with scissors

FUNCTIONAL PRINTING ACTIVITIES:

1. Make a shopping list
2. Write thank you cards
3. Write letters to friends and relatives
4. Find a pen pal and write letters
5. Keep a list of vocabulary words
6. Find a school pen pal and write and deliver notes through mailboxes
7. Make cards
8. Write on the sidewalk with chalk
9. Finger trace in the sand
10. Create a journal
11. Birthday wish list
12. Letter to the Easter Bunny
13. Letter to your favorite story book character or celebrity
14. Letter to mom and dad about your favorite foods and activities

HANDWRITING CHECKLIST:

- ◇ Check your grip
- ◇ Write on the lines
- ◇ Tall letters are tall, small letters are small
- ◇ Space between words
- ◇ Start with a capital, end with punctuation
- ◇ Proofread your work



Try this website: www.lwtears.com

(it's free until July)