

Fine Motor Coordination

Fine Motor Coordination Program

The following activities will further strengthen and increase hand movement. At least one hour of daily activity is recommended. This can be broken down into smaller steps that add up to one hour. Be sure to do a variety of these each day.

Activities

1. Stack paper cups upside down. Do one cup at a time.
2. Pull, pinch and roll play dough or clay.
3. Place a rubber band around your fingers and spread them apart.
4. Wad up a piece of paper.
5. Cut a one-inch square hole in the plastic lid of a container. Stuff small soft objects like cotton balls into the hole.
6. Use your hands to prepare foods. For example, tear up salad, slice vegetables, peel bananas or oranges (score oranges with knife to make easier), cut meat, shell peanuts.
7. Drum fingers on the table, raise and lower one finger at a time.
8. Throw or bounce a small ball.
9. Fold a piece of paper into a pattern.
10. Turn pages in a magazine.
11. Open and close jars, bottles and other containers.
12. Tear up paper or cardboard into small pieces.
13. Button a shirt, zip and fasten clothing, tie shoes.
14. Unwrap candy, chocolate kisses, etc.
15. Screw and unscrew nuts and bolts.
16. Pick up dry beans and put in a jar.
17. Play cards, including shuffling and dealing.
18. Play with small pieces like Chinese checkers, Scrabble or jigsaw puzzles.

19. Type on a computer or typewriter.
20. Snap fingers.
21. Cut out shapes with scissors.
22. Tie a string into as many knots as possible, then untie.
23. Pick up coins from a table and put them into a bank or stack them.
24. Pick up toothpicks and stick them into clay.
25. Hook paper clips together to make a chain.
26. Pin safety pins to material or make a chain with them.
27. Do any type of needlework, rug hooking, embroidering, etc.
28. Trace a heavy drawn line, copy shapes and designs.
29. Write your name and address in print and cursive.