**Home Fine Motor Activities to Do Using at Home Items**

1. Play-Doh
   1. Roll playdoh between both hands into a snake
   2. Roll playdoh into a ball
   3. Roll playdoh out on a table with both hands or one hand
   4. Pinch the top of the playdoh into a “dinosaur” or “dragon”
   5. Cut playdoh with scissors

How to make this into a family activity: Instead of play-doh, use cookie dough, bread dough, or pie crusts to teach life skills and still address fine motor skills.

1. Q-tips
   1. Use q-tips and paint to make “dot paintings”
2. Shaving Cream writing
   1. Can be done in the tub on the floor to reduce mess, have the child practice writing their name, sight words, letters, and more!
   2. Can use a cookie sheet to reduce mess
3. Legos
   1. Have the child stack the blocks into a tower to address pincer grasp and regulation of force.
   2. The child can also write their name, letters, sight words and more on the ground.
4. Puzzles
   1. Addresses in hand manipulation skills as well as visual perception
5. Make your own color by number!
   1. Use a quarter and write numbers inside that are associated with a color
   2. Have the child color in the numbers based on the “key”
6. Coloring Books
   1. Use broken crayons (half) to help build muscles in the hands
7. Make a “finger twister” board
   1. Use recycled carboard, markers, and dice to create your own game!
   2. Addresses finger isolation and arch development
8. Cotton ball transfer
   1. Lay the child on their stomach while supporting on their forearms.
   2. Put cotton balls on one side of them and have them transfer cotton balls into a container on the other side.
      1. Addresses: midline crossing, development of fine pincer grasp, web space, and arches of the hand which are all needed for academic written work.
9. Clothes pin and a hanger
   1. Gather clothespins and label them with numbers or letters
   2. Have the child match numbers or colors or count
   3. The child will squeeze open the clothespin and hang it on the cooresponding location (whether it be a hanger, wire basket, shirt, etc)
      1. Addresses: Development of web space and arches. Uses visual perceptual skills.

