

# Suggestions to Strengthen Fine Motor Skills And More:



- Cut pictures out of newspapers or magazines.
- Play with small beads, Legos, Tinkertoys, Lincoln Logs, and so forth.
- Knead and build with Play-Doh, Model Magic or clay.
- Find hidden objects in the Play-Doh, Model Magic, clay or sand.
- Play Pegboard Games, Chinese Marbles, Connect Four, Operation, Pick-Up Stix
- Use tweezers to pick up small household objects and place them in a container.
- Play with any toys that involve manipulation of small pieces.
- Squirt water bottle outdoors on the sidewalk.
- Finger paint with Jell-O or cocoa dry or mixed with a little water on a paper plate.
- Form letters with small marshmallows and toothpicks or design objects.
- String popcorn, buttons, or beads to make necklaces/chains.
- Create a design on paper with a hole punch.
- Play tug-of-war with a coffee stirrer. Hold the stirrer only with the thumb and index finger.

## Sensory Integration Activities

Incorporate handwriting with multisensory tactile experiences (e.g., writing on the mirror or tub wall with foam soap, drawing in the sand).

## Perceptual Activities

Play a visual memory game on the board where first, give the child a couple of letters; then let them look; and then erase them. They have to remember the letters on the board and write them neatly (Practice Uppercase and Lowercase). Progress to CVC Words and High Frequency Words. \* Do numbers as well. Another suggestion is to use lowercase magnet letters on a cookie sheet in place of writing them.

