

# Equipment & Activities for Fine Motor Development

## Activities for Fine Motor Skill Development

Fine motor skills are used everyday. They are used to tie our shoes, fasten & unfasten buttons, pick up small objects, or point at something. In school, your child must be hold a pencil, cut with scissors, & turn pages in a book.

The following is a list of equipment & activities that will help your child refine their fine motor abilities.

### Lacing and Threading Activities

- Commercial lacing, sewing, beading kits
- Use bobbins, napkin rings, cheap bangles and rings, washers, macaroni beads, etc.
- Punch holes in cardboard to make lacing boards. You can also punch the holes to make shapes & picture.
- Lace across the opening or around edge of a cardboard box, plastic strawberry boxes, colanders, or rug canvas.
- Sewing cards

### Stacking and Building Activities

- Stack rings on a post. There are many types available commercially.
- Stack household items like washers, nuts, bobbins, plastic containers, etc.
- Stack building blocks according to shape and colour.
- Play with commercial construction toys such as lego, kinnex, etc.

### Winding, Twisting, & Screwing Activities

- Wind-up toys & nut and bolt toys
- Screw/unscrew containers such as jars & nesting cups
- Construction toys with nuts and

bolts like a work bench

### Tweezers Type Tasks Activities

- Put clothes pins on and off the sides of containers.
- Place doll's clothes on a play clothes line.
- Transferring items with tweezers & tongs from one container to another. Items include cotton balls, pom-poms, beads, & paper clips.

### Commercial Games

- Jacks
- Barrel of Monkeys
- Mazes
- Bed Bugs Game
- Perfection
- Hand held video games and others
- Marbles and target box

### Puzzles

- Framed puzzles
- Make your own puzzles by gluing a picture onto cardstock or cardboard & them cutting it into pieces. Have your child perform the gluing & cutting if they are old enough.
- Nesting toys

### Drawing Activities

- Chalk and chalk boards
- Crayons and paper
- Stencils & templates
- Felts
- Finger Paints
- Paints

### Cutting, Tearing, Folding Activities

- Scissors (right and left, single and double, loop type)
- Variety of paper & materials to cut.
- Controlled tearing
- Folding
- Wrapping/unwrapping activities

### Nesting Activities

- Nesting toys like barrels & dolls
- Nest plastic containers, canisters, boxes, etc.

### Construction Activities

- Variety of commercial construction toys like Lego, Kinnex, & Tinker Toys.

### In-hand Manipulation Activities

- Turning pages of a book
- Picking up coins, beads, & Bingo chips. Try to pick-up more than one and hold them in the same hand
- Remove a pen or marker lid with one hand while holding pen in the other hand.

### Toys to Balance & Standing Up

- Animals
- Soldiers
- People
- Trees
- Blocks

### Games Involving Timing

- Play with an egg timer & time:
  1. sorting objects,
  2. turning cards over,
  3. matching objects, and
  4. putting pegs into a pegboard.

If you are concerned with the manner in which your child uses their fingers or hands, consulting your family doctor or a healthcare professional such as an Occupational Therapist may help.

Please refer to the Articles & Information section of our website for information on fine motor development.

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