

Fine Motor Activities for Preschoolers

Fine Motor Activities for Pre-School Aged Children

The area of fine motor skills is crucial to a child's success throughout school. Fine motor skills refer to one's ability to grasp and utilize an object with their hands. This is important in almost all activities of life such as dressing, bathing, writing, & cutting. Consequently fine motor skills are of utmost importance in the classroom and throughout life.

The following activities will help your child refine their fine motor abilities.

1. Scissor Ships: Draw broad, straight lines on a sheet of paper. Tell students that the scissors are like big ships breaking through ice, and they have to be opened wide before moving on.
2. Pizza making: Give each student a piece of clay approximately the size of their palm. Have students roll the clay into a ball with both hands. Do not let students roll the clay on the table. Once the clay is in the shape of a ball, have students flatten the clay with their hand. Ask students to pinch off small pieces of clay and roll them into little balls with the thumb and first finger of one hand to represent the pepperoni or sausage for the pizza. Students must place the "toppings" on the pizza.
3. Secret Key: Place a padlock on a box filled with a goodie of some kind (fruit, stickers, etc.). Place several keys in front of the box-with only 1 key being the right key. Students must manipulate the keys in order to get a prize.
4. Rubber-band Wrap: Give students various sizes of rubber bands and several different sized jars and cans. Students must stretch the rubber bands over the cans and jars.
5. Scissor Cutting Activities: Students cut old magazines, greeting cards, and newspapers to find a specific letter or picture, and paste it into a collage.
6. Jewelry Making: Students design jewelry from macaroni, buttons, and beads.
7. Building Block Activities: Students use plain blocks, legos, or tinker toys to build and or copy designs.
8. Coloring: Students use crayons, colored pencils, or markers to color pre-drawn pictures.
9. Push Pegs: Draw circles or any shapes on a piece of styrofoam. Give students golf tees or small wooden dowels. Students must push the pegs through the circles on the styrofoam. This reinforces tip-to-tip grasp with the thumb and index finger.
10. Sand Writing: Place a layer of sand (or flour) in a baking pan. Ask students to write or draw in the sand with their fingers.
11. Chalk Scraps: Give students small pieces of colored chalk. Instruct students to hold the chalk piece between their thumb and first two fingers (the last two fingers can remain next to the second finger, but not touching the chalk). Allow students to draw on the chalkboard using this grasp. This grasp reinforces proper grasp for future pencil writing tasks.
12. Pick Up Objects: Have students pick up small objects such as pennies, marbles, or beans and place them in a bottle with a small opening or small opening in a box.
13. Q-Tip Art: Have students paint pictures with a Q-Tip.
14. Card Bowl: Cut a small rectangular shape in the lid of a bowl (Cool Whip sized). Have students put playing cards through the hole one at a time.
15. Spoons: Have students pick up beans with a spoon and transfer them from one container to another. Students should be reminded to maintain proper grasp (which is the same as their pencil grasp).
16. American Sign Language: Teach students basic letters and/or signs.

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