



FINE MOTOR DEVELOPMENT

Occupational Therapy - HPS

What Are Fine Motor Skills?

The ability to make movements using the small muscles in our hands and wrists to do everyday tasks.

You Can Help!

Pincer Grasp (Using the thumb and index finger together):

- Tearing paper
- Playing with LEGOS
- Stringing cheerios or beads
- Coloring and drawing with broken crayons
- Pinching clothes pins or tongs

Hand Strength:

- Opening and closing containers, boxes or bags
- Pulling on and off socks and shoes
- Squeezing sponges or wringing a washcloth
- Using a squirt bottle to water plants or clean

Pre-K - First Grade

Bilateral Coordination (using two hands together):

- Mixing a bowl of pancake batter
- Stringing beads or pasta
- Building with kinetic sand
- Playing with play-dough
- Using a rolling pin
- Cutting with scissors
- Swinging a bat at a ball or balloon

Tactile Perception (the ability to perceive objects through the sense of touch):

- Hide items in a bag and see if your child can guess what an object is by feeling it
- Make a salt/rice tray to draw shapes, pictures or letters
- Mix water and corn starch to make slime

Shoulder Stability

- Drawing, writing or coloring on a vertical surface (e.g. taped to the wall or at an easel)
- Pile up cushions to make a mountain to climb
- Balloon volleyball
- Read, color or puzzles on belly