

# Fine Motor Activities



**Melissa Walker-Tate**  
**Occupational Therapist**  
**Connecting Together**



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# Hand Strength

- Playdough – push, pull, pinch, roll, poke and squeeze.
- Putty- squeeze, and play
- Find the objects in putty and playdough
- Squeeze stress ball
- Knead dough- bread dough, pizza dough or baking



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# Bilateral Coordination

- Threading- thread beads on string
- Posting- post coins in coin box
- Throwing and catching
- Cooking- chopping, mixing, turning
- Baking – rolling, mixing, and scooping.
- Bop the balloon
- Scrunch paper
- Lego
- Building blocks



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# In-hand manipulation

- Puzzles
- Posting coins
- Holding a pen, crayon, or felts
- Scissor skills
- Buttons
- Tying laces
- Knife and fork skills



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# Pre-writing

- Drawing letters in rice
- Shaving foam letters, lines and shapes
- Painting
- Large movements, horizontal and vertical lines in the air, and circles
- Draw in sand
- Dot to dot shapes and letters



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**Thank you for supporting Connecting Together.**

**Please send your feedback to [Melissa@connecting-together.co.nz](mailto:Melissa@connecting-together.co.nz) and if you found this Ebook helpful.**

**Kind regards**

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