Fine Motor Activities

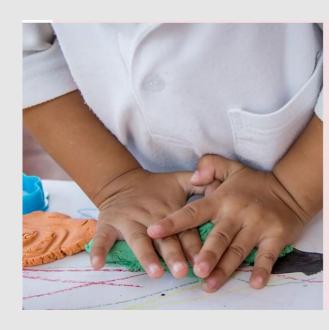


Melissa Walker-Tate
Occupational Therapist
Connecting Together



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





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





In-hand manipulation

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





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





Thank you for supporting Connecting Together.

Please send your feedback to Melissa@connecting-together.co.nz and if you found this Ebook helpful.

Kind regards

Melissa Walker-Tate
Occupational Therapist
Connecting Together

