

Fine Motor

Activity Ideas for Home

TOOLS TO PROMOTE HAND MUSCLE DEVELOPMENT AT HOME

You can likely find most of these items around the home. Many are useful items and inexpensive. Consider setting up a Fine Motor Play Area in your home where you and your child can work on hand skill development.

- Clothespins
- Tweezers/Toast Tongs
- Pizza Wheel
- Plastic Knives
- Olive Picker
- Eye Dropper
- Dice, cup hands to roll
- Silverware—holding correctly
- Push Pins
- Glue Sticks
- Cookie Cutters
- Trigger Spray Bottles
- Silly Putty
- Turkey Baster or Bulb Toys
- Pennies or Buttons
- Vibrating Pens
- Triangular Pencils
- Fat Markers
- Sidewalk Chalk
- Pencil Grips
- Evo Pens

ART ACTIVITIES TO PROMOTE HAND MUSCLE DEVELOPMENT AT HOME

Art projects at school and in the home help enhanced and developed hand skills. The important thing to remember is that the hand skills you want a student to use must be watched and facilitated to promote the proper use of the identified muscle actions.

ACTIVITY

HAND SKILLS

Ripping small pieces of paper and gluing to make a project, such as apple or pumpkin on paper plate, etc.

- Arches of the hand
- Pincer grasp
- Separation of the two sides of the hand
- Wrist extension and stability
- Opposition and open web space

Gluing small object to make a project, such as rice, corn, beans, macaroni, pom-poms, buttons, sand, glitter, or fish tank pebbles

- Translation/In-hand manipulation
- Separation of the two sides of the hand
- Pincer grasp
- Finger isolation
- Shift/In-hand manipulation

Crumpling up paper—always scrunch up the scraps, large and small pieces

- Arches of the hand
- Hand muscle development
- Translation

Cutting and fringing

- Separation of the two sides of the hand
- Arches of the hand
- Hand muscle development

Tracing or coloring small areas (penny size and smaller)

- Tripod grasp
- Arches of the hand
- Hand muscle development

Cookie cutters for printing

- Tripod grasp
- Arches of the hand

ACTIVITY	HAND SKILLS
Hama Beads	<ul style="list-style-type: none">• Pincer grasp• Shift/In-hand manipulation
Push pin art	<ul style="list-style-type: none">• Separation of the two sides of the hand• Tripod grasp• Opposition and open web space
Clay, toothpick, and Styrofoam art	<ul style="list-style-type: none">• Shift/In-hand manipulation• Tripod grasp• Hand muscle development• Simple rotation/In-hand manipulation
Snapping fingers	<ul style="list-style-type: none">• Shift/In-hand manipulation• Separation of the two sides of the hand

Playdough activity ideas

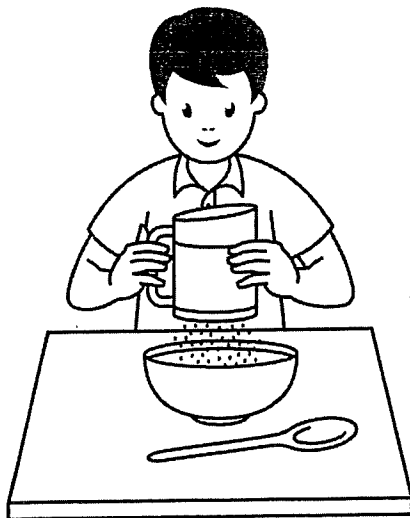
The following activities and exercises will help your child to develop his hand and finger skills. Commercially available playdough can be used for these activities or you can make your own. If you make your own get your child to help!

Playdough recipe

- ▶ 1 tablespoon cooking oil
- ▶ 1 cup flour
- ▶ ½ cup salt
- ▶ 1 tablespoon cream of tartar
- ▶ 1 cup boiling water
- ▶ Food colouring

Mix all the ingredients together using an electric mixer or a wooden spoon. Knead the mixture into a ball and wrap it up in plastic wrap immediately.

Once the playdough cools, remove the plastic wrap and store in an air tight container.



General activities

- ▶ On the table, roll the playdough into a sausage keeping your fingers straight. Try turning your sausage into a snake, mould it into letters or numbers, or plait two or three sausages together.
- ▶ Roll a piece of playdough between the palms of both hands until it is a smooth ball.

- ▶ Flatten a large piece of playdough and make a handprint.
- ▶ Roll playdough flat using a rolling pin and cut out using biscuit or animal cutters.
- ▶ Squeeze playdough through a garlic crusher to make 'worms' or 'noodles'. These can be used as decorations such as hair for a person or cheese for a pizza.
- ▶ Mould the playdough into animals, people, food, jewellery or volcanoes.
- ▶ Make pretend food such as a pizza, sausage or cake then cut it up using a knife and fork or scissors.
- ▶ Make a bird's nest filled with eggs. Roll a ball of playdough between the palms of both your hands. Poke your thumb down into the centre of the ball and pinch all around to form the sides of the nest. Then make eggs by rolling the playdough into balls between your thumb and index finger.
- ▶ Squash all the playdough together when you have finished and store in an airtight container.

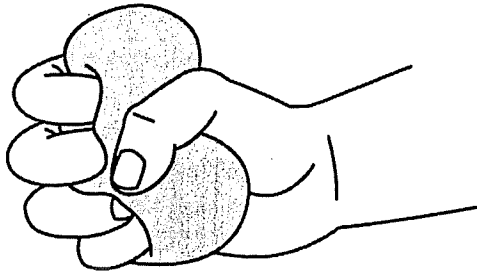


Please talk to your occupational therapist if you have any queries about the above information.

Playdough exercises

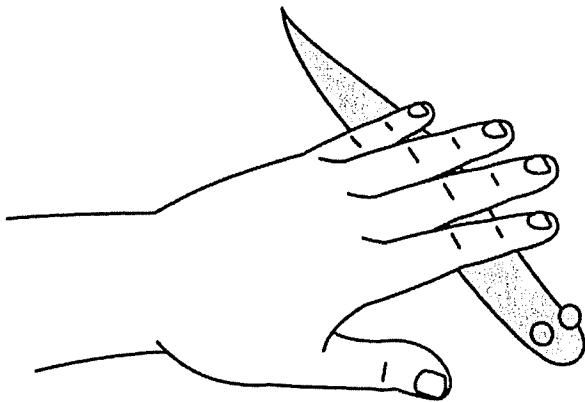
1. Squeezing and oozing

Place a ball of playdough in the palm of your hand and squeeze as hard as possible. Make the playdough ooze out between your fingers.



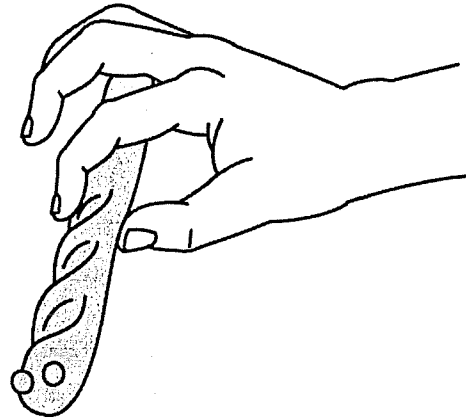
2. Make a snake

On the table, roll the playdough into a snake keeping your fingers straight.



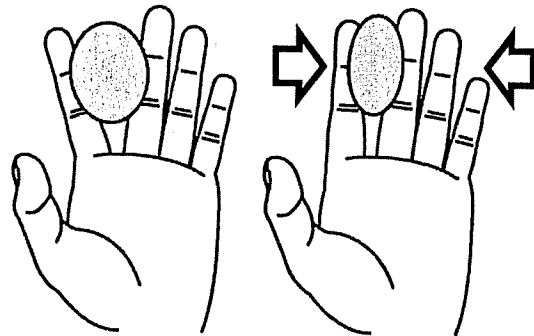
3. Pinch the snake

Pinch the snake all the way along, from head to tail.



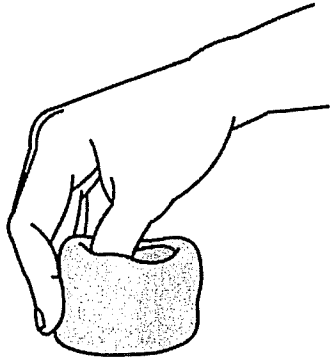
4. Finger scissors

Place a ball of playdough between two fingers and squeeze your fingers together. Repeat with your other fingers.



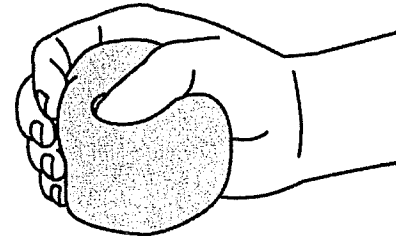
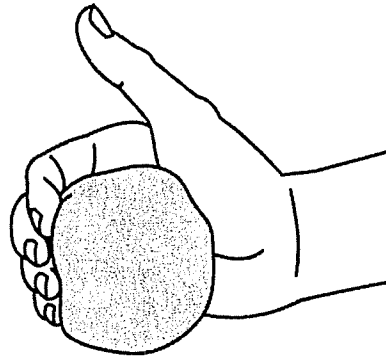
5. Make a bowl

Place a ball of playdough on the table. Place your thumb in the middle and pinch all the way around to make a bowl.



6. Hide 'n' seek

Shape the playdough into a ball. Place your hand and forearm on the table and grasp the playdough with your thumb pointing up. Bend your thumb and press it deeply into the playdough, then pull it out again.



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