

FINE MOTOR/ARTS ACTIVITIES

Motor Activities assist your child in learning skills for printing, writing, cutting, and so many more activities of daily living.

Activities to develop muscles for these skills can include ideas from the following site:

<https://www.theottoolbox.com/fine-motor-skills/>

There are so many ways to work on fine motor skills!

- stringing beads
- Lego
- cutting and pasting activities

*Check out ideas on *Pinterest*

A Pincer Grasp enables a child to pick up small items using the thumb and index finger. If your child is using all fingers to "rake" items into the palm or pinching with the thumb against the side of the index finger, try these activities to develop a more mature pincer grasp.

<http://therapystreetforkids.com/fm-pincergrasp.html>

Finger Isolation is the ability to move each finger one at a time. Infants move all fingers together in unison. As they develop, children learn to move the fingers individually. This ability is very important in the development of fine motor skills. It contributes to developing an efficient pencil grasp, typing on a keyboard, playing musical instruments, tying shoelaces and countless other daily living skills.

<http://therapystreetforkids.com/fm-fingerisolation.html>

PLAY-DOH

Play-doh is an excellent way to develop fine motor skills. Here are a couple of recipes so you can make some at home! You can read and follow the recipe together as an additional activity:

<https://www.thebestideasforkids.com/playdough-recipe/>

<https://kidsnclicks.com/homemade-playdough-recipe-without-cream-of-tartar/>

NUTS AND BOLTS

Check the family tool box for some nuts and bolts. This is a great fine motor activity. Screw them on and off.



SENSORY BINS

If your child has some sensory needs, here is a good article that talks about making sensory bins:

[Home Learning Sensory Bins](#)

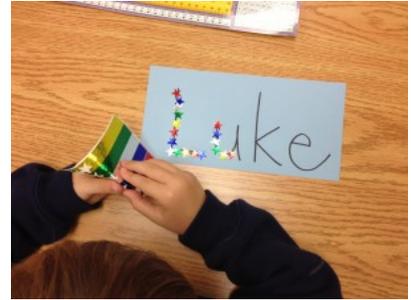
...and a couple good websites for Sensory Bin suggestions:

<https://bit.ly/2yrHbRk>

<https://childhood101.com/scented-rainstick-sensory-bottle/>

STICKER NAME

Cut a piece of construction paper (or any other type of paper) in half lengthwise. Use a marker to write your child's name and be sure to space the letters out a little bit so there is room for stickers! Put out an assortment of small stickers and let your child pick the ones they want to use. They take the sticker off the page and put it on the paper to trace the letters of their name. Taking the sticker off the page and putting on the paper is a great fine motor exercise.



POM POM ACTIVITY

Have your child use clothespins to pick up small pom-poms and transfer them to ice cube trays or egg cartons. You can have your child sort the pom-poms by color, or number the ice cube trays and have students put that many pom-poms in each space.

SIDEWALK CHALK

Using masking or painter's tape create a frame and shapes (see below). Using sidewalk chalk your child can colour in all of the shapes. Remove the tape for a beautiful piece of art. You could create this masterpiece on a fence or the driveway. Click on the picture to bring you to the website for further instructions.



BIRD FEEDERS

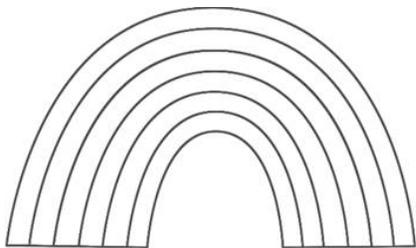
There are many great examples of easy to make bird feeders online. Here is one you can try!

All you need is Cheerios, pipe cleaners and some string or yarn – if you don't have pipe cleaners you could make these with wire, twine or yarn.



LEAF ART ANIMALS

Go for a neighbourhood walk and collect some leaves – try and get a lot of different shapes and sizes. When you get home get out the scissors, glue, markers or paint and use your leaves to create some animals.



MAGAZINE RAINBOW COLLAGE

Draw a rainbow on a large piece of paper or cardboard. Find some old magazines, catalogues, colourful boxes that are ready to be recycled (cereal boxes, cracker boxes, etc.) or paint samples. Search through those items for each colour of the rainbow and cut small squares of each colour – try and find different shades

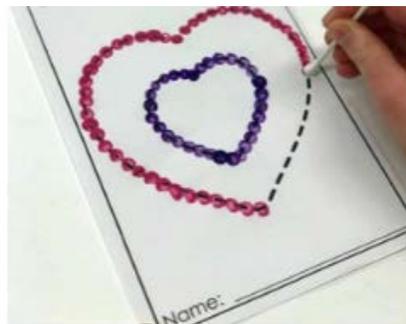
from different items. Glue the squares on your rainbow in order – Red, Orange, Yellow, Green, Blue and Purple.



Q-TIP PAINTING

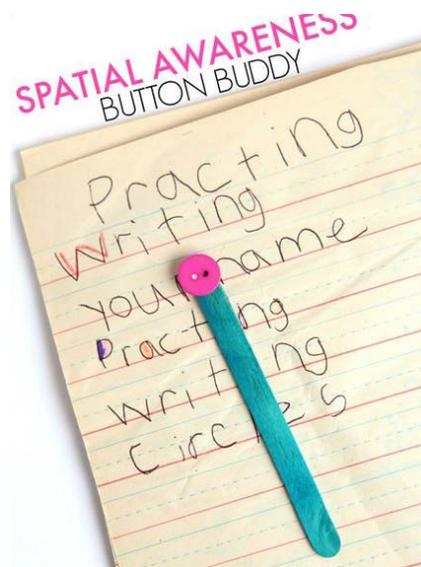
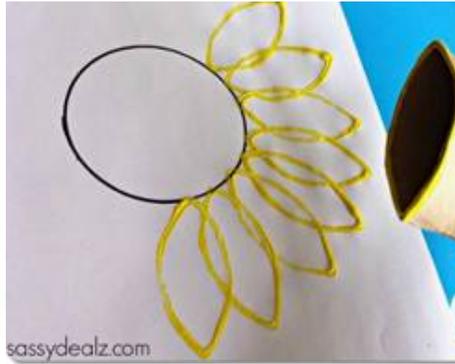
All you need is paper, Q-Tips and some paint.

You can draw some lines or a simple picture on paper. You can use a colouring book, but instead of colouring, you can 'paint' with dots. Or you can google 'q-tip painting templates' and find a variety of printable options.



PAPER ROLL FLOWERS

Use papertowel or toilet paper rolls and paint to create a work of art.



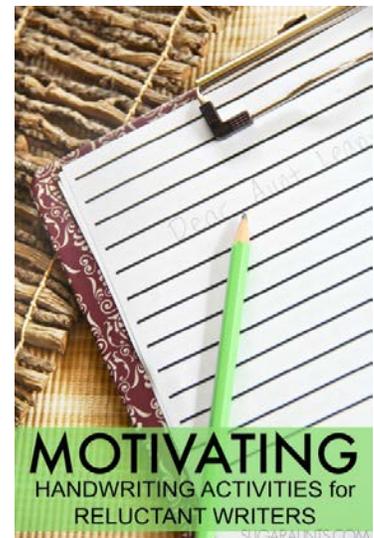
PRINTING/WRITING and SPATIAL AWARENESS

Great tools to assist students having difficulty with spacing their letters and words.

<https://www.theottoolbox.com/fine-motor-skills/>

MOTIVATING WRITING ACTIVITIES FOR RELUCTANT WRITERS

Different Activities that could assist parents with getting their children to write with more enthusiasm. <https://www.theottoolbox.com/motivating-handwriting-activities-for/>



RESCUE AT SEA

Materials - large bowl with water; tongs; sponge and scissors.

Cut the sponge into desired shapes and have the student grasp with the tongs and rescue the cut out items from the water bowl.

Variation: add food colouring to the water; add a story to your rescue efforts.



This is a fun activity for children who enjoy water play. It's great for fine motor skills, hand/finger strength and coordination. It's also really simple to set up at home.