

OT/PT PROGRAM

TIP SHEET

FINE MOTOR COORDINATION ACTIVITIES

- Tweezers/Tongs-use tweezers to pick up pom poms and place into an ice cube tray or egg carton; could also sort by color, create patterns
- String cubes or small beads onto a shoe string; follow color patterns
- Place pegs into pegboard/copy or create a design on the pegboard
- Lacing cards-lace a shoe string in and out of holes
- Clothespins-squeeze colored clothespin onto corresponding color on cardboard/cardstock wheel of colors; match shapes; match letters; or number on clothespin matches number of objects she has to count
- Tracing highlighted yellow or orange lines, shapes, and name
- Pennies-pick them up one at a time and turn them over (works on supination and wrist extension)
- Pennies or small objects-pick up one at a time but keep in palm of hand until ready to release into a bank or container one at a time (in-hand manipulation)
- Buttons, snaps, zippers on clothing
- Tear paper into strips and small pieces
- Cut bold basic lines, basic shapes-with supervision
- Bend pipe cleaners or wiki sticks into letters or numbers
- Rubberbands/hair bands-place around a soup can
- Playdough-make balls (large/small), flatten in pancake, roll into hot dog; cut playdough with scissors
- Tennis Ball-cut slit into ball; squeeze ball in order to place small beads or objects into it using other hand