

Fine Motor Skill Activities

- Buttoning and unbuttoning
- Lacing
- Tying
- Fastening Snaps
- Zipping
- Dot-to-dot drawings of pictures, objects, shapes, numbers, letters, etc.
- Tile and mosaic work
- Folding activities
- Fine coloring
- Buckling and unbuckling
- Drawing, painting, and coloring
- Putting small objects together
- Manipulating small objects such as coins
- Opening and closing objects
- Picking up and holding onto small objects
- Developing and maintaining an effective and proper pencil grip
- Pinching objects between fingers
- Using locks and keys
- Being able to isolate finger movements (using one finger at a time, playing the piano)
- Turning things over or turning pages of a book
- Holding and using utensils properly and effectively
- Screwing and unscrewing
- Take a line for a walk – see how long the pencil can stay on the paper.
- Sorting – small objects such as paper clips, screws, bolts, buttons, etc.
- Clipping things together – using pegs, paper clips, etc.
- Post-a-shape – matching shapes to the correct opening.
- Bead threading – copy the pattern.
- Tracking and maze activities
- Cutting and pasting – patterns, pictures, classification activities, project scrapbooks.
- Tracing – lines, shapes and simple pictures.
- Modeling – with clay, Plasticine etc.
- Painting and printing- different sized brushes and different types of printing materials.
- Jigsaw puzzles – introducing traditional puzzles of varying degrees of difficulty.
- Peg boards – these can be used to make simple or more complex patterns.
- Building blocks – start with larger wooden ones and then introduce smaller ones.

- Constructional apparatus –of varying degrees of difficulty (e.g. Duplo, Lego).
- Jacks or marbles – children learn to control fine motor movements with these games.
- Finger puppets
- Construction activities – involving the use of plastic nuts, bolts and screws.
- Musical instruments – playing as wide a range as available
- Clip spring clothes pegs around tin can top
- Write on sidewalk with water filled detergent bottle

Gross Motor Skill Activities

- Write with your finger on another person's back and try to guess the letter.
- Tug-of-war builds arm strength
- Squeeze little rubber balls
- YMCA action song
- Form body letters with body
- Double Dutch skipping
- Monkey bar pull ups
- Wheelbarrow races
- Painting with water on sidewalk using large paint brush
- Drawing on sidewalk with sidewalk chalk
- Action songs
- Fill and throw water balloons
- Lacing activities
- Bubble wands
- Card Games
- Pouring - watering flowers, outdoor plants
- Self-propelling on swings
- Finger painting - with shaving cream, pudding, in sand
- Push-ups
- Packing groceries
- Setting the table
- Squirt guns
- Hammering
- Design using stencils
- Throwing ball against a wall
- Vacuuming
- Badminton
- Obstacle course on all fours
- Draw on a blackboard

- Bowling
- Kite flying
- Ribbon gymnastics
- Sandbox play
- Beanbag toss
- Touch right elbow with left knee and reverse
- Fill empty water bottle with peas and use as musical shaker
- Dance to music making silly arm movements
- Flashlight scavenger hunt
- Paint paper with ribbons dipped in paint
- Peel orange by hand
- Roll out cookie dough - use cookie cutter
- Pull weeds in garden