



Fine Motor

the development and use of the small muscles in the hands and fingers

- Play with Play Dough
 - Recipe
 - 2 cups all purpose flour
 - $\frac{3}{4}$ cup salt
 - 2 cups lukewarm water
 - 2 tbsp vegetable oil
 - You can add food coloring and essential oils or cooking extracts or a package of Kool Aid for color and smell
 - Mixed together and then knead until smooth
- Roll ball or snakes, make letters or numbers with the snakes, make figures like pancakes or snowmen and pretend, use cookie cutters
- Play with shaving cream
 - Practice making shapes, letters, pictures, or writing name
- Practice cutting- Remember thumbs up
 - use newspaper or flyers from your mail to cut out picture pictures
 - Draw shapes or crazy lines to cut on
- Peel stickers and place them on a piece of paper.
 - You can draw a shape and have them put the stickers on the line and then cut it out
- Coloring- with crayons, markers, chalk, or colored pencils
 - Draw their own pictures

- Draw a shape and color inside of it- Can you stay in the lines?
- Pictures in a coloring book
- You can put flat objects like plant leaves under the paper and make a rubbing or go outside and rub bricks, sidewalk, driveway, etc. You can talk about how they are different/same.
- Clip clothes pins or clip clips on paper plates
- Practice lacing
 - Use noodles, cut up straws, larger buttons or cereal on a piece of yarn or string
- Tear paper and glue it on another piece of paper
- Paint with watercolors or tempera paint
- Punch holes in paper- use a 3 hole punch, hand punch, or fun design punches if you have any around
- Water plants with a spray bottle
- Make a slot game with a piggy bank or any plastic container that has a lid that you can cut a slit into and then put coins, buttons, checkers into it
- Build with Legos
- Make cereal necklaces for a snack
- Build of copy uppercase letters using popsicles sticks, Q-tips, straws, noodles or plastic knives
- Draw in salt. Pour salt into a cookie sheet and practice drawing shapes, letters, numbers, pictures, etc.
- Practice putting a nut and bolt together
- Paint with Q-tips
- Stack Cheerios or Fruit Loops on skewers, toothpicks, or straws
- Roll a small ball around a cookie sheet or rectangle baking pan. Can you roll it into every corner?
- Build bridges and structures using cups, butter knives, popsicle sticks, tupperware, anything would work
- Puzzles

