

## Fine Motor Center Ideas

### Cutting

- Use water table to put recycle paper, tag board, pieces of old manila file folders, old time cards, paper plates, junk mail, magazines, old business cards, paint sample strips, tissue paper, etc.
- Have a variety of different scissors: Fiskars, craft, self-opening, hole punch, level punches, etc.
- Straws, left over pieces of those foam sheets, packing peanuts, sample wallpaper sheets, bubble wrap, foam egg cartons/trays, felt, yarn, etc.
- Tub full of different colored homemade playdough or tub full of cooked spaghetti!!
- Be creative :0)

### Water Table

- Fill water table with spray bottles, squirt toys, sponges, eye droppers, bulb syringes to help strengthen fingers and hands—also put small bowls, cups, containers in table
- Put a marble run in the table with LOTS of marbles
- Cooked spaghetti with paint and brushes
- Lots of Pom-poms with different types of tweezers/salad tongs and containers to drop them in
- Fill the bottom of the table with Boba Pearls (made from tapioca—variety of colors & safe if eaten!) put toys etc.—can find them at Walmart, Target...
- Put water in table with small balls or plastic Easter eggs, provide large enough containers to use big spoons/ladles/serving spoons to pick up and drop in
- Fill the table with interlocking construction toys i.e. mega block, bristle blocks, Lego's, pop beads linking chains, etc.

### Table Top/Tub Ideas

Put all items in Ziploc baggies (either with sliders or without) in your tubs and circulate every week to give variety of activities and keep their interest!!

- **One Tub** can have all “bilateral” activities (using both hands) i.e. crinkle tubes—pulling apart & using 3 finger on both hands to push back together; stringing beads; tracing around stencils; pulling cotton balls apart to glue on paper plates; clay tray; cutting shapes; juggles scarves; flipping pennies (place pennies on oval line, start at the top, use both hands to flip the pennies all the way to the bottom); balloon catch; opening/closing small bottles; rolling playdough snakes and using a plastic knife to cut ; pound golf tees into Styrofoam
- **One Tub** can have all “developing arches in the hand” activities i.e. scooping sand/rice/beans using Bubble Tongs; spinning toys; Hungry Tennis Ball (use pennies/marbles/strip of paper to feed the ball); use corn cob prongs or the push pins in “the” pencil grip on cardboard w/picture taped over it; place coins or bingo chips in narrow slot cut in a plastic lid; peel stickers & place; string beads; find hidden small objects inside ball of play-dough/theraputty; roll small balls & smash with index & thumb; shaking dice—make sure you can ‘hear’ them rattle!; palm loading—have student cup hand to catch rice/beans/noodles
- **One Tub** can have all “strengthening” activities i.e. hole punch 5” strip of paper; pop bubble wrap; clothes pin games (place them around index cards/pick up small objects/match letters, numbers, stickers); rubber band wrap—use variety of rubber bands & several different sized jars/cans/bottles, have students stretch bands over them; winged clothes pin—glue popsicle stick onto end of a clothes pin—have student place 4 fingers on the top & thumb on bottom-squeeze to open 10 times; finger tug of war—have student grip small diameter object (coffee stirrer/plastic lace/wikki stick between index finger & thumb and pull with other hand; let them use a stapler

- **One Tub** can have “precision” activities i.e. peg board activities; 1” cube tower building; screws lids on & off; lace buttons with pipe cleaners; lace cards; button/zip/snap boards; paper clip chains—use the big plastic coated type; tape activities i.e. put masking/transparent tape on lines drawn on paper or have them wrap a small box or tape leaves to paper; string fruit loops/cheerios; write their names with highlighter and have student trace letters; form letters/number using wikki sticks or pipe cleaners; use letter stamps to write; use the bathtub non-slip suction or any suction cup item, turn upside down and have student place marble in the suction tab
- **One Tub** can be an art/creative tub—create stick people go to [www.danyabanya.com/stick-people/](http://www.danyabanya.com/stick-people/) ; glue painted rocks on construction paper; draw swirls/zigzags/curves on paper, have student use bingo dabbers to make dots—when dry have them cut on the lines following the dots; take egg carton and write number in the bottom, have children go a scavenger hunt outside to find items to fit; use crazy straws and beads to create designs; paint aluminum foil using q-tips; flower matching art fun—cut flowers out of different colored felt with slit in center, take buttons with the same color as the felt flowers and attach to the pipe cleaner or stem—have the student “button” & match the colors
- **One Tub** can be filled with just writing utensils i.e. colors, small pencils & pens, small markers, chalk, highlighters, grease pencils, old eye liner pencils, carpenter pencils and lots of paper to draw/write/create

Be creative & if you need help, get on the internet or Pinterest to find ideas!!