

Home Activities for Fine and Visual Motor Skills

1. Hide and find tiny pegs, beads, marbles and coins in silly putty, clay or playdough.
2. Write on a vertical chalkboard or whiteboard.
3. Tape paper to wall, easel or refrigerator door for writing, coloring and painting.
4. Use coins to count, sort or put in a container or piggy bank.
5. Place small "goldfish" crackers or other small manipulatives in a clean empty egg carton. Have child use his crab claws (thumb and index finger) to get the fish.
6. Use small tweezers or tongs to pick up items and place them in a container or to transfer items between containers (cotton balls, beans, packing peanuts, etc).
7. Cut coffee stirrers or straws with scissors; lace them onto yarn to make a necklace.
8. Games such as LITE BRITE, Hungry Hungry Hippos, Bedbugs, Knock out, Forty Faces for Forty Faces, Doubletake, Connect Four, Hammer and Nails, Waterfuls.
9. String macaroni or buttons onto spaghetti, pipe cleaner or yarn.
10. Make pictures using rubber or sponge stamps. Or make your own stamps with potatoes.
11. See how many paperclips, cheerios, marbles, etc. you can pick up one at a time and hold in your hand.
12. Put nuts and bolts together (use different sizes and shapes to increase challenge)
13. Build things with toothpicks and marshmallows. (Great for visual perceptual skills)
14. Fill buckets with rice, beans or un-popped popcorn, hide small items and then look for them. Use a spoon or tweezers to retrieve the small items.
15. Use cups and small pitchers to fill up with and pour rice, beans, popcorn or water from small containers into large containers.
16. Make pictures using round "bingo" markers or "dot" stickers.
17. Use very short pencils or broken crayon pieces to promote good wrist extension and tripod grasp (thumb, pointer, and middle finger on pencil) while writing or coloring.
18. Spell words with magnetic letters on a cookie sheet
19. Pick up and push items into a slot in the lid of a coffee can or yogurt container.
20. Make your own slime. Pinterest has great ideas/recipes
21. Involve your child in cooking dinner/baking. (stirring, scooping, cracking eggs, chopping with butter knife all help with fine motor/visual motor skills.
22. Make puppets out of paper bags and decorate. Have a puppet show!
23. Crafts that involve glue (squeeze bottles increase hand strength and encourage hand use at midline).
24. Form letters in shaving cream on table
25. Form letters on cookie sheet in rice or uncooked beans
26. For letter recognition: write letters on paper (taking up the whole paper) and put them on the ground; tell the child to jump/skip/hop to letter "___"
27. Puzzle, puzzle, puzzles! They address visual motor, visual perceptual, visual attention, fine motor, and problem solving skills.
28. Create your own puzzles with playdoh and common household items/toys by pressing them in the rolled out play doh and removing for you child to match.
29. Flashlight scavenger hunt: place items/letters on paper around the room, turn off the light, and then find each item with your flashlight.