

Examples of Fine Motor Classroom Activities

Fine motor activities should be incorporated into daily routines and play activities throughout the day. Instruction of pre-academic and other concepts can be enhanced with fine motor activities.



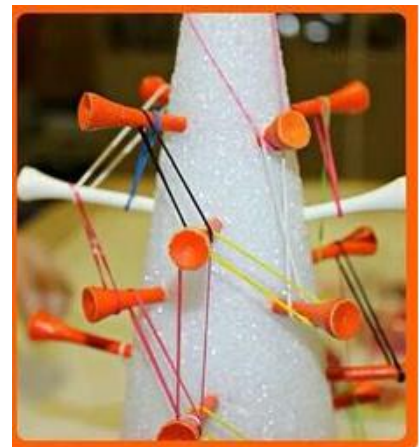
Sorting and matching colors while dropping colored pom-poms into liter bottles. To increase the difficulty, have children use tongs to pick up the pom-poms. To decrease the difficulty, use smaller balls or cut the openings larger.



Stretching rubber bands or cords around a paper tube. To increase difficulty and/or add pre-academic skill, use pattern cards to make a pattern of colored bands.



Trees made by sticking pegs into Styrofoam. The activity can be expanded by having children connect the pegs with colored strings.





Mr. Potato Head provides a good visual for “My 5 Senses” while at the same time providing practice for grasping the body part and inserting it into place. The activity can be expanded by using a spinner and having children take turns.



fine motor tray
spring flowers



Make a bouquet by sticking plastic flowers into the holes in a colander.



Writing in sand provides good sensory feedback.



Threading felt or paper cut-outs on a crazy straw. Expand the activity by providing a spinner or model of a pattern. Another variation is to use different shapes and colors.



Children can roll up balls of play dough and place them in patterns to form letters or other shapes. This activity provides practice in pinching off small sections of play dough and also requires that a child use both hands to roll the dough into a ball.



To “feed the frog”, children pick up plastic bugs with classroom tongs and place them into the frog’s mouth. The frog can be made from a plastic container with a pop-top lid.



Don’t forget that follow-up at home is important. Children can take turns “checking out” the fine motor kit of simple activities. Let families know that these are activities for pre-handwriting and emphasize the importance of strengthening hand and finger grasp and co-ordination.