

Fine Motor Development H.W. Chart

Improve Pencil Grasp	Fine Motor	Hand Strengthening	Finger Strengthening	Adaptive Skills
Practice crushing puffy, round cereal pieces with your three first fingers <input type="checkbox"/>	Pinch small pieces of play dough and roll them into small blueberries <input type="checkbox"/>	Use a garlic press to squeeze putty for 5 minutes using assorted colors <input type="checkbox"/>	Use play dough to roll snake coils of different lengths for 5 minutes <input type="checkbox"/>	Use or create a lacing board to string shoe laces of different widths for 5 minutes <input type="checkbox"/>
Pop small bubbles on bubble wrap using your pointer finger and thumb <input type="checkbox"/>	Squeeze same colored clothes pins onto flat or stringed surfaces (cardboard/clothes lines) <input type="checkbox"/>	Play a hand strengthening game: "Feeding Hungry Harry" Read the instructions provided <input type="checkbox"/>	Pick up objects using large tweezers. This can be adapted by picking up cheerios, marshmallows, etc. <input type="checkbox"/>	Stringing beads of different shapes, colors and sizes for 5 minutes using shoe strings <input type="checkbox"/>
Practice drawing or coloring while lying on your stomach. Read instructions provided <input type="checkbox"/>	Pick up round cotton balls using clothes pines for 5 minutes <input type="checkbox"/>	Tear newspaper into strips and then crumple each strip into balls using both hands <input type="checkbox"/>	Use eye droppers to "pick up" colored water for color mixing or to make designs on paper <input type="checkbox"/>	Use a plant sprayer to spray plants, snow or melt monsters 5-10X each. Read instructions <input type="checkbox"/>
Use a stylus to write on tablet apps. that focus on writing letters and numbers See Below <input type="checkbox"/>	Locate a variety of small and large items hidden in play doe or theraputty for 5 minutes <input type="checkbox"/>	Scrunch up one sheet of newspaper using your favorable hand. This is a super strength builder <input type="checkbox"/>	Turning over cards, coins, checkers, or buttons, without bringing them to the edge of the table. <input type="checkbox"/>	Practice twisting the lids on and off of jars previously opened by adults <input type="checkbox"/>

Directions: Check off one activity to perform with your child daily. Report your progress to your child's teacher.

Fine Motor Development H.W. Chart

“Feeding Hungry Harry” (Hand Strengthening Game) Cut a slit in a tennis ball; this will be the mouth. Next, draw the eyes and nose. Children can squeeze the ball to open Harry's mouth while feeding him pennies.

“Plant Sprayer, Water Sprayer Activity” Using a plant sprayer to spray plants, (indoors, outdoors) to spray snow (mix food coloring with water so that the snow can be painted), or melt "monsters". (Draw monster pictures with markers and the colors will run when sprayed.)

“Writing while lying down” Have the child do frequent, simple, drawing/coloring activities while lying on their stomach on the floor with their forearms resting on the floor. This position will provide stability to the arms and encourage the child to use more finger movement as the whole arm can't readily be moved.

“Apps used to improve writing skills”

Commonly used iPad Apps used to improve writing

1. iWriteWords
2. Dexteria
3. Pinch Peeps
4. Chalk Walk