

# Activities to Improve Fine Motor & Visual Motor Skills at Home

## Fine Motor

- Using a scissors to cut through playdoh or thick paper to increase hand strength
- Use a spray bottle to clean windows/ mirrors /clean off white board
- Picking up small objects with large plastic tweezers / zoo sticks
- Wind-up toys, spinning tops, doodle tops (spinning top with a marker on the end)
- Craft activities such as: stamping, using stencils, lacing shapes, cards, beads, Cheerios
- Use a inclined surface (i.e. 3-ring binder) under paper or use an easel to promote better postural control
- Use a mechanical pencil to work on decreasing pressure while writing
- Games to strengthen fine motor skills include: Don't Spill the Beans; Kerplunk; Trouble; Pick Up Sticks; Tricky Fingers; Pictionary, Operation; Don't Break the Ice; Ants in the Pants
- Building toys include: Legos; K'nex; Tinker Toys; Hexabits
- Pop-Beads
- Scratch Magic (Learning Express)
- Squiggle Writer Pen (Sensational Toys, Therapro)
- "Push Pin" pictures: Either take a picture or draw your own and place on a thick pad or carpet square, with adult supervision hold the push pin with your thumb and first two fingers and punch holes close together around the outline \*\*
- Painting with Q-tips or eye droppers
- Placing buttons or small coins into a bank – can play as a race
- Tug of war with straws and coffee stirrers
- Crumpling strips of paper or newspaper into balls using just one hand
- Use golf pencils or break crayons in half to facilitate a tripod grasp while writing / coloring

## Visual Motor

- Dot-to-Dots with numbers/letters
- Age appropriate maze books, create your own maze on a white board, chalk board, or paper
- Pictionary
- Magna Doodle / Etch-a-Sketch
- Drawing shapes/letters/numbers in a tray of sand/salt/flour
- Geoboards
- Making letters/ numbers out of playdoh, clay, Wikki Sticks
- Using chalk on a chalkboard and writing letters on a vertical surface
- Use Wikki Sticks to add a tactile component to the lines on the paper (place a Wikki Stick over the line so the child's pencil bumps the stick, this will assist with improving letter alignment)
- Try various types of writing paper to see which best fits your child (e.g. top and bottom solid lines with a middle dotted line; raised line paper; Handwriting Without Tears paper; graph paper
- Use a formal handwriting program such as: Handwriting Without Tears ([www.hwtears.com](http://www.hwtears.com)) or Foundations to learn a consistent approach to letter formation

\*\* From the "Fine Motor Olympics" by Marcia Bridgeman