

A Month of Fine Motor Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Push blunt-tipped toothpicks into the holes on the lid of a parmesan cheese shaker or other container with small holes.	2 Transfer gummy bears from one plate to another using tongs.	3 Build a Froot Loop® tower, using a piece of uncooked linguine, a ball of play dough and a cup of Froot Loops®. Mount the linguine in the play dough. String the Froot Loop® onto the pasta.	4 Grab a colander and some colorful pipe cleaners. Thread the pipe cleaners through the holes to create silly loops!	5 Weave strips of construction paper under and over a construction paper mat. (To make the mat, fold the paper in half. Cut slits into the paper without cutting completely across).	6 Make “cupcakes.” Place colorful pom-poms in a muffin tin. Create new flavors by transferring pom-poms to different parts of the tin with a pair of tongs.	7 Collect loose change from around the house. Have your child sort the coins or create patterns. After she’s done, have her push the coins into a piggy bank slot.
8 Create straw necklaces. Cut colorful straws into different lengths. Twist two pipe cleaners together for length. String the straws onto the pipe cleaners.	9 Cut holes in the lid of a plastic container. Choose a different colored marker to color around each hole. Match colored straws with the corresponding hole by color.	10 Write your child’s name on construction paper, one letter per sheet. Using star-shaped stickers, have him “trace” each letter of his name.	11 Anchor a piece of string at two end points. Using clothes pins, hang socks on the string.	12 Place a rubber band around two children’s fingers. Have one child grab small objects (ex: golf tees) from a cup and pass to the other child. The child will place the object in his cup. Reverse.	13 Using a Styrofoam™ block, push golf tees into the Styrofoam™. For an added challenge, balance marbles on the tees.	14 Print an outlined picture of an animal face. Place glue within the lines. Fill two cups, each with a different type of dried beans. Using tweezers, move the beans from the cup to the picture.
15 Practice twisting, loosening and tightening with screws and drawer knobs. Nuts and bolts will also work.	16 Create a beautiful design by pressing beads into a play dough patty.	17 Using a lacing board, weave yarn in and out of the holes, creating fun shapes and designs!	18 Practice sorting by using a muffin tin and a bag of either M&M’s® or Skittles®. Sort the candy by color.	19 Put different-colored water (use food coloring) into an ice cube tray. Lay a coffee filter flat on a leak-proof plate. Use a dropper to transfer water from the tray to the filter for a pretty design.	20 Practice slipping paper clips onto paper. For extra fun, use different-colored paper clips with corresponding colored paper.	21 Write letters on a chalkboard. With a small paint brush and a cup of water, trace over the letters on the board.
22 Using a Styrofoam™ wreath (or shape of your choosing), wrap pipe cleaners around it to create a colorful and festive craft. Consider adding other materials for decoration.	23 Make your own confetti! Practice using a single hole puncher with different types of colored paper.	24 String buttons on pipe cleaners. You can make this more challenging by matching the button with the same-colored pipe cleaner.	25 Mix food coloring and vinegar together in 3 separate dishes. Lay baking soda out on a cookie sheet. Use a medicine dropper to add vinegar to the baking soda. Watch as it bubbles and fizzes!	26 Print out large upper and lower case letters, one per page. Using play dough, either roll, cut or mold the dough into the shape of the letters.	27 Cut different-colored paper into strips. Paste them around a shoe box, each side a different color. Paste a strip onto a clothes pin. Clip the clothes pins around the box according to its matching color.	28 Practice using tongs to squeeze a cotton ball. Gripping with the tongs, dip the cotton ball into different colors of paint and use the cotton balls to make a pretty picture. (Use one cotton ball per color.)
29 Mix colors using food coloring, an ice cube tray and a medicine dropper. Transfer colors with the dropper to different places in the tray to create even more colors!	30 Fill a cup with different-sized marbles. Using a spoon, move the marbles from one cup to another. Afterwards, sort the marbles by size.	31 Using marshmallows, create cool structures by connecting them with toothpicks.	Sources: http://handsonaswegrow.com/30-kids-activities-materials-for-promoting-fine-motor-skills/ and http://www.messforless.net/2013/02/18-fine-motor-activities-for.html .			