

## FINE AND VISUAL MOTOR ACTIVITIES

### 1. Playdough-type activities (also products like Floam, Moon Sand)

\*Use cookie cutters, rolling pins, garlic press; hide objects, can use plastic knives, forks, and regular playdough toys.

#### Modeling Dough Recipe

1 cup flour            ½ cup salt        1tsp cream of tartar  
1 cup water            1 Tbsp oil        food coloring

Mix ingredients in a pan. Cook over medium heat until mixture pulls away from sides of pan and becomes doughy in consistency. Knead until cool. Not edible. Can be used over and over. Lasts 3 month unrefrigerated.

### 2. This list of games is a guideline that you can expand upon with your own ideas. Keep in mind your child's interests, age, and abilities.

*Etch A Sketch	*Operation	*Card games: dealing, shuffling
*Kerplunk	*Lite Brite	*Building Toys (Legos, K-nex)
*Perfection	*Puzzles	*Lets Go Fishin
*PixO's		*Don't Break the Ice

### 3. Many craft kits help to develop fine motor skills. This list is a guideline that you can expand upon with your own ideas. Keep in mind your child's age, interests, and abilities.

*Perler Beads	*Tile Pictures	*paint by number	*jewelry kits
*Stencils	*Fuzzy Posters	*Sewing/Lacing projects	*build models

### 4. Workbook/Activity Books:

\*Dot-to Dot    \*Tracing    \*Alphabet practice    \*mazes    \*hidden pictures    \*coloring books  
\*google: crafts, dot/dot, paper plate crafts, mazes and you'll get hundreds of ideas and printable worksheets

### 5. Woodworking Activities

\*Hammer and Nails (can hammer large nails into grass)    \*Screwdrivers    \*Nuts/bolts

### 6. Cooking Activities

\*Measuring    \*Cutting    \*Cutting    \*Spreading    \*Stirring    \*Basting

### 7. Office Supplies

\*Hole punch    \*Paper Clips    \*Stapling    \*tape dispenser    \*practice using glue

### 8. Tongs, Tweezers, Clothespins

\*Use to pick up small objects for sorting or counting (fruit loops, cotton balls, etc.) or stringing  
\*Can clothespin matches together for games such a Memory or Old Maid

## CUTTING

-can try Fiskars Total Control scissors (extra hole for correct placement of index finger);

[www.fiskarsschool.com](http://www.fiskarsschool.com)

-Cutting workbooks, art/craft activities, google cutting activities for ideas,

-cut out coupons, pictures in catalogues, different textures (straws, sandpaper, paper plates)