



Strengthening fine motor muscles helps a child succeed more easily with activities involving small muscles - specifically the hands. These five motor activities help enhance the development of the hand muscles with strength, coordination, and specific movement; subsequently enabling functions such as holding a pencil, writing, grasping objects, and manipulating objects. Most of these items you will find around the house. It doesn't need to be complicated or expensive to increase success! You can take these activities anywhere, from the front porch to the car. My favourite is #5!

CLOTHES PIN AND COTTON BALL SCATTER

You need: clothes pins, cotton balls, tray, egg carton

Activity: Scatter cotton balls on a tray. Using the clothes pins, pick up the cotton balls, and place into the egg cartons. Try alternating from one hand to the other. It's that easy!

BUTTON SORTING

You need: an assortment of buttons, muffin tin (it makes a nice 'plink' sound)

Activity: Picking up buttons and sorting into colours, sizes, and number of holes. It's fun to make up stories about where each button has traveled...perhaps a potato farm, a strawberry patch, or a rodeo!

BOARD GAMES

You need: your old board games

Activity: Moving the men around the board and rolling the dice. This activity gives a child so much more... counting, taking turns, and learning to be joyful with a second or third place finish!

CUTTING

You need: children's scissors, grocery store flyers, old wallpaper books, or an old phone book

Activity: Cut foods from flyer and sort into five food groups (milk and dairy, vegetable and fruit, grain products, meat and alternatives, and lastly the "sometimes a treat" group). Use the wallpaper to draw thick, straight, curvy, and eventually zigzag lines on the back side for cutting. Use the phone book and cut the pages into strips.

NUTS AND BOLTS... MY FAVOURITE! GREAT ACTIVITY WHILE READING ALOUD OR SITTING IN A RESTAURANT.

You need: an assortment of (large, small, and eventually tiny) nuts, washers, and bolts, metal cookie tin

Activity: Place washers onto bolt and screw on appropriate nut. Start with a few nuts and bolts and gradually add more and more.