Fine Motor Ideas

\*Picking up items with fingers/tongs/tweezers

\*Squeezing bottles

\*Spraying bottles

\*Pipe cleaners in colander

\*Beading/lacing (start with stiff objects first)

\*Play dough/ sand/ kinetic sand

\*Peeling tape off table

\*Stickers

\*Coloring with crayons

\*Sidewalk chalk

\*Feed the tennis ball

\*Ripping paper

\*Rubber Bands around a soup can

\*Clothes pins

\*Buttons/zippers/snaps

\*Coins in a piggy bank

\*Leggos

\*Screwing lids on bottles

\*Stress balls

\*Hole punch paper

\*Writing in sand/shaving cream/play dough

\*Stacking objects