



# FINE MOTOR

Go-To List



Poke pipe cleaners through holes in a colander.

Push ribbons into a narrow-neck bottle and pull out again.

Thread o-shaped cereal onto dry spaghetti noodles.

Cut apart and punch holes in the sides of egg carton cups and thread pipe cleaners through to connect them.

Snip straws into pieces.

Cut pipe cleaners in 1" sections and push them through the holes of a large spice bottle. Poke them in, shake them out and repeat!

Make a 'rattle' with a bottle. Set out snack items (Goldfish, raisins, etc.) and a bottle to stick them in and close the lid. Shake!

Stick craft sticks into a narrow neck bottle and shake them out again. Repeat!

Sort pom poms by color or size in a muffin tin, or just transfer them back and forth. Add tweezers for some fun!

Practice pouring water from a pitcher into cups. Take it outside!

Make a paper clip chain! See how long you can go.

Clip clothespins (slotted style is easier for younger) onto the edge of a bucket.

Play with blocks. When you're done, hand over kitchen tongs for clean up time.

Hang a bucket from a 'clothesline' made with yarn. Clip ribbons around the line to remove and put in the bucket.

Stick tape onto a surface. Criss cross over each other. Peel the tape off, one by one.

Tape cardboard tubes (toilet paper, paper towels) to a wall or the fridge. Drop pom poms through to fall into a tub at the bottom.

Draw letters or shapes on a chalkboard or whiteboard. Trace over them with water to erase them away.

Roll out a tube of play dough and pound golf tees into it using a toy hammer.

Weave something with ribbon! What can the kids weave? Baby gate, stair railing, clothes basket, cooling rack.

Keep kids busy with rubber bands, or hair bands. Slide them on and off a can of food, one at a time.

Draw several dots in several colors on a piece of paper to make a simple connect the dots. Draw lines to connect the same colored dots.

Make a bird feeder by threading Cheerios onto yarn and tie the ends together. Hang outside for the birds!

I spy baggy! Write letters, words, shapes or notes on a piece of paper and put in a large baggy. Add rice on top of the paper. Let the kids 'spy' the letters through the rice.

Snip straws into one inch sections and thread a necklace using shoestring or yarn.

Set a cup on the floor and stand over a couch or railing and try to aim a piece of yarn into the cup.

Draw squiggly lines of chalk on the sidewalk, paint them with water to erase them.

Tape a target on the floor and blow pom poms to hit the bullseye.

Pretend to be the "Claw Grabbing Machine" with pom poms in a bowl and grab them with a clothespin.

Cut paper snowflakes.

Wrap a rubber band around your fingers and pass objects back and forth.

Staple construction paper together to make a pouch that becomes a mailbox. Set out paper and a pencil to 'write' letters and mail them.

Cut an object out of paper. Write in the middle "S is for Snake" or "T is for Tree" in regards to the object. Write various letters around the edge of the object. Find the letter that the object starts with and clip each with a paper clip.

Find various pairs of leaves in nature. Tape one of each leaf on the back of a piece of paper. Rub crayons over front side of the paper to show the leaf! Match the remaining leaf to the crayon rubbings.

Write their name on a piece of paper in highlighter. Then trace over it with pencil. Trace over that with glue. Trace over that with yarn!