

Activities to Improve Fine Motor Coordination

1. Thumb circles: a- hands separate, b- hands together, c- eyes closed, d- with squish ball in between hands.
2. Isolated finger movements: e.g. finger puppets.
3. Place small soft ball in palm of hand (e.g., “koosh” balls):
 - a- touch thumb to each finger tip
 - b- rotate ball within one hand
 - c- “walk” ball up the wall
4. “Store and release”:
 - a- Hold five pennies in palm of hand. Using fingers of same hand, bring pennies one at a time to fingertips.
 - b- Hold pegs in hand while placing them in a pegboard.
5. Play with Theraputty: e.g., make mountains with peaks, hide coins in the putty (push and pinch the putty), make round balls within one hand, pull putty apart.
6. Use Stetro (grip) on pencil while writing.
7. Play with balloons: e.g., hit balloon up in air, alternate hands, hit with palm up or down, hit with fingertips.

Activities to Improve Eye-Hand Coordination

1. Highlight words while reading.
2. Use a penlight while reading. Child holds penlight like a pen/pencil and shines light on words while reading.
3. Child can trace letters or drawings.

Activities to Improve Gross Motor Activities

1. Wheel barrow walk.
2. Extend and flex muscles in arms and legs.
3. Child can push hands against your hands.