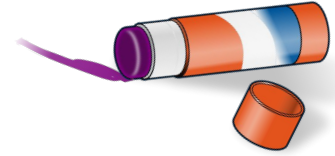
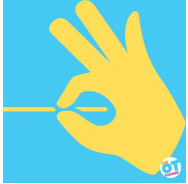


GAMES
ACTIVITIES
SKILLS
OH MY!



Games and Activities to avoid the Summer Slide

Grasp Patterns



Pincer Grasp: The ability to pick up small objects using the thumb and index finger in a coordinated manner. For example, picking up a cheerio or a small bead. This also looks like threading a needle or turning the page of a book.

Precision Grasp: Grasping objects with the fingertips and thumb without the involvement of the palm. This skill is essential for activities like holding a pencil or using tweezers. Other examples include managing a zipper or buttoning a shirt.

Tripod Pencil Grasp: Tripod refers to the 3 fingers involved (index, middle + thumb), while the ring and pinky finger are now separated and tucked into the palm.



Fine Motor Activity #1: Pom Poms Sorting

Sorting pom-poms with jumbo tweezers makes an amazing fine motor activity! Your littles will have so much fun sorting the poms-poms into colored cups. If you don't have these jumbo tweezers, you can use tongs. This makes a great color recognition task, too!

You could add numbers to an ice cube tray or egg carton and students can add other small items to match the numeral. Young children will love these fine motor skills activities all year long by adjusting the focused skills.



Fine Motor Activity #2: Deck of Cards!

FUN FINE MOTOR ACTIVITIES WITH PLAYING CARDS

- Make the cards into mini lacing cards with a hole punch and some string.
- Sort cards by color
- Sort cards by number
- Slide paper clips onto cards, match the number of clips to the number on the card
- Work on holding the cards and spanning them out in the hands
- Encourage picking up one card as you can. Make it a card race! Pick up a single card as fast as you can. This is a great team activity
- Fold cards and crease to work on pinch strength
- Use play dough to create a house of cards. Roll balls of play dough and stick cards into the dough
- Teach kids to sort the deck as in beginning a card game
- Work on mixing the deck with two hands
- Pinch a single card between the thumb and pointer finger. Toss the cards into a target such as a basket

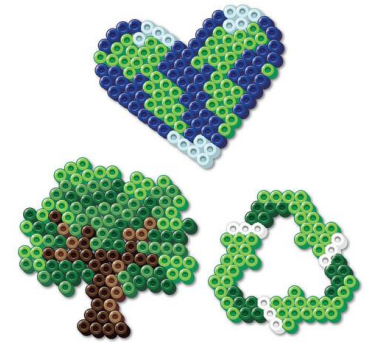


Fine Motor Activity #3: Perler Beads!

The Benefits of Perler Bead Patterns

Perler bead patterns are not only a fun way to spend time, but they also have numerous benefits for children. First and foremost, Perler bead patterns can help develop fine motor skills. The process of picking up and placing small beads on a pegboard requires precision and control, which can improve hand-eye coordination and dexterity. As children work on their designs, they also develop concentration and problem-solving skills, as they figure out how to create the patterns they have in mind. This can be particularly helpful for children who struggle with attention or focus, as it provides a hands-on, engaging activity that can help them stay on task.

perler.com



Fine Motor Activity #4: Playdough!

Let's get to those playdough activities for fine motor skills! A tub of play dough has so many options for building fine motor strength and dexterity.

- Roll balls of dough between the thumb and pointer/middle fingers.
- Make a rainbow with rolls of different colors of play dough.
- Make [play dough snakes](#) and cut with scissors
- Hide beads and have a race to find them
- Create an [obstacle course](#) for the fingers with hurdles and jumps
- Spread the play dough out into a pizza. Use scissors to cut it into slices
- Make a small world with hills and mountains for small animal figures
- Make a maze for a ping pong ball. Blow the ball through the maze with a straw
- Make a small keyboard using balls of dough. Press on the play dough balls with one finger
- Make a play dough pie. Pinch the crust, create play dough berries.
- Form letters using the play dough



Fine Motor Activity #5: Geoboards

Geoboards are fantastic tools that serve multiple purposes, including enhancing fine motor skills and spatial awareness. They also promote the exploration of shapes, letters and numbers, and symmetry.

- **Manipulating Rubber Bands:** When children use geoboards, they engage in activities like stretching and attaching rubber bands to the pegs. This action requires precise finger movements, promoting fine motor skills.
- **Hand-Eye Coordination:** Placing rubber bands on specific pegs involves coordinating visual information with hand movements, which strengthens hand-eye coordination.
- **Muscle Control:** The act of stretching and securing rubber bands helps develop muscle control in the fingers and hands.
- **Directional Awareness:** Children learn to navigate the grid of pegs, understanding directions (up, down, left, right) as they create shapes.

[Best-Buy Geoboards - Set of 6 at Lakeshore Learning](#)



Fine Motor Activity #6: Paper Clips

Paper clips are some of the best tools for building fine motor, bilateral coordination, and eye-hand coordination skills. You can use them in the typical fashion, or for educational purposes like counting, or you can think outside of the box and add other elements that can address a variety of hand skills that make activities therapeutic and engaging. This even includes creating some games for paper clips!

- **Creativity Games-** Use paper clips to make bracelets, necklaces, and bookmarks. Then, use them as creative prizes in games!
- **Guess the size-** Connect several paper clips together and use a ruler to measure how long the string of paper clips is. Then, guesstimate how many paper clips tall things are such as a shoe, a door, or a building!
- **Timed Clipping-** Set a stopwatch and clip as many paper clips to the edge of a piece of paper as possible. This is a great activity to support fine motor skills, bilateral coordination, and using a functional task.
- **Paper Clip Threading-** Pour a bunch of paper clips on a table. Set a timer for one minute and ask students to pick up and thread as many paper clips as they can onto a pipe cleaner, straw, or piece of thread. This is a great activity to develop refined precision skills needed for dexterity.
- **Build a Tower-** Use paper clips and a deck of cards to build a tower as high as you can.



Fine Motor Activity #7: Lacing Cards

When kids thread a string through a lacing card, they are doing much more than establishing a baseline of sewing skills. The motor movements required to perform this activity are powerful:

Bilateral Coordination

Tripod grasp or Pincer grasp

Visual Motor Skills



[DIY Lacing Cards \(from a carry out container!!\) - The OT Toolbox](#)



Fine Motor Activity #8: Threading Beads/Pasta



Threading objects is an excellent way to strengthen the finger muscles and their movement as they work together. It helps children develop fine motor skills essential for pre-writing activities, buttoning the shirt, tying shoelaces, opening containers, and more.

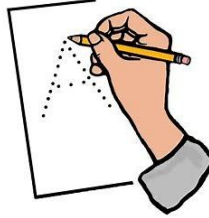
Threading beads can also help with pattern awareness (color, size, shape, etc.) and help students form words, especially their name!



Fine Motor Activity #9: Tracing and Scissor Cutting

Tracing for dexterity works on staying on the lines, fine motor control, building hand muscles, scanning and a whole host of other important skills.

[tracing Printable Worksheets | Education.com](https://www.education.com/worksheets/tracing-worksheets)



When we show kids how to properly hold scissors we set them up for success. When we hand scissors that properly fit the child, we are providing the tools for accuracy. Teaching kids to hold the scissors correctly allows them to position correctly so they can cut along the lines and feel success as they cut shapes. When kids open and close the scissor blades, they gain precision of fine motor skills. And, those same fine motor skills allow the child to gain accuracy in cutting more complex shapes and forms. Cutting with scissors builds bilateral coordination skills so they can use both hands together in a coordinated manner.

[Fun Cutting Practice Worksheets to Build Scissor Skills \(brightsprouts.com\)](https://www.brightsprouts.com/worksheets/cutting-practice-worksheets)



Name/Letter/Number Writing Activities

- **Rainbow Words:** Have your child choose 3-5 colors to write and trace over name, letters, and numbers until it is written in many colors.
- **Tiles:** If you have Scrabble tiles or Bananagrams, your child can spell their name with these on a table.
- **Shaving Cream:** This one is a bit messy, but your child is sure to love being able to write their name, letters, and numbers in shaving cream on a surface with their finger!
- **Mystery Letter:** You can write name but leave out one or two letters and have your child figure out the mystery letter! They will love reversing roles and making you guess, too!
- **Playdough:** Your child can stamp, write or form their name, letters, and numbers with dough.
- **Pudding or Gel Baggie:** Put some pudding or gel into a ziplock bag and have your child trace their name, letters, or numbers on the bag with their finger. Be sure to use duct tape to ensure the bag is sealed.
- **Chalk Writing:** Have your child go outside and practice writing their name, letters, and numbers with chalk on the sidewalk, driveway, or any concrete surface.
- **Make the Word:** Wikki sticks, magnetic tiles, alphabet stamps, sticks, craft sticks and even food are great ways for students to build their name, letters, and numbers.