

FINE MOTOR CHALLENGES

COIN DROP MINUTE TO WIN IT

Gather your supplies: Variety of coins, a bowl, container with a slit in the top (like a piggy bank)

How many coins can you drop into the container in one minute?

Directions: set up your coins in a bowl (either one bowl for 2 children or each with their own bowl of coins). Have them pick up one coin at a time during this activity and see how many coins they can push into the container in 1 minute.

When the minute is up, dump all the coins out of the container and count how many they pushed in. For older children, have them add the coins by their \$\$ amount to practice money and math skills.

Adaptations: Use quarters only for children who may have problems grasping the smaller coins. For older children, use dimes to help challenge their pincer grasp when picking up the coins.

Again, you can have the children play multiple times against each other's scores or trying to beat their own individual scores.



FINE MOTOR CHALLENGES

CLIP PINCH MINUTE TO WIN IT

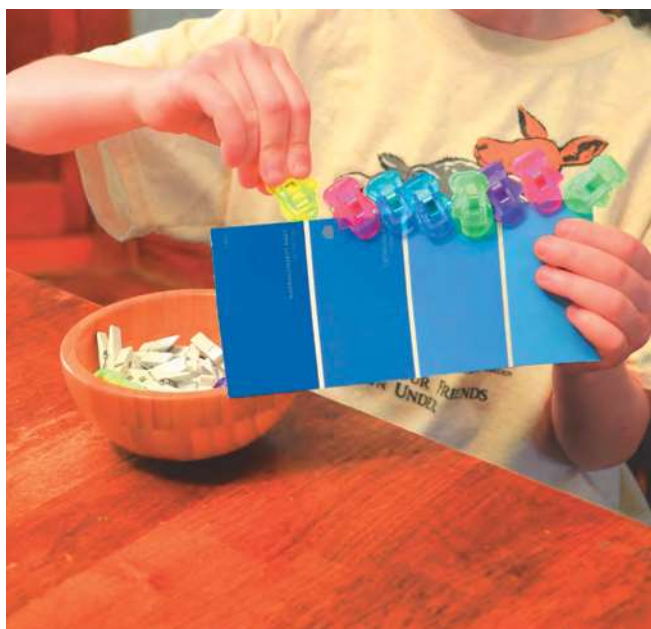
Gather your supplies: clips, a bowl, timer, and paint chips

How many clips can you pinch on the paint chips?

This one is super easy. Just grab some clips and some paint chips. Set your timer for 1 minute and see how many clips they can pinch onto the paint chips.

Alternative items: any type of clips you have (clothesline clips, chip clips, anything that they can pinch). Instead of paint chips you can use card stock or index cards. Something a littler sturdier than regular paper works better.

This activity works on pincer grasp or as well as visual motor skills along with bilateral coordination.



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BEAD DROP

Gather your supplies: beads, a bowl, a container with a small opening.

How many beads can you push through in one minute?

All you need is a container with a small opening on it and some beads. We used star beads, which are a little easier to grasp.

Set your timer for 1 minute and see how many beads they can put into the container with their fingers. I had the kids pick up one at a time.

Alternatives: You could use an empty water bottle or something similar with a small opening. For something a little harder, the kids could pick up a handful of beads and then move the beads forward in their hand to put one at a time into the container.

This activity works on pincer grasp, grasp strength, as well as visual motor skills.

