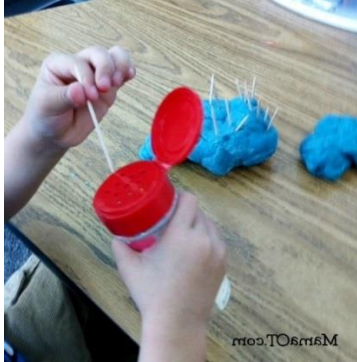


Fine Motor Activities Using Household Items

1. Putting toothpicks into a spice container

Materials: Old empty spice container, toothpicks

Have your child put one toothpick at a time into the small holes in the opening of the spice container.



2. Putting coins/buttons into slots

Materials: Empty box such as a cracker box, buttons or coins

Cut slits in the top and/or side of the box and have your child push buttons or coins through the slits.



3. Practicing with “tongs”

Materials: Drinking straw, napkins, container

Have your child tear the napkins into little pieces and roll each piece into a ball. Bend the straw in half and use it as tongs to collect the pieces into a container.



4. Make your own finger paint

Materials: Sugar, cornstarch, water, food coloring, containers

Finger paint recipe from Marthastewart.com

-Stir 4 tablespoons of sugar and 1/2 cup cornstarch together. Add 2 cups of cold water and heat over medium heat until the mixture is thick (the mixture will further thicken as it cools).

-Divide into four or more containers, and add food coloring as desired. Allow to cool before giving to your child.

5. Practice letters in shaving cream or finger paint

Materials: Aluminum foil or a baking sheet (or some other work surface) and shaving cream or finger paint.

Spread shaving cream or paint on your working surface and have your child practice writing letters and words in it with their finger or with a tool such as a Popsicle stick or paint brush.

6. Transferring water using a turkey baster

Materials: turkey baster, water in a bowl, ice cube tray.

Have your child use the turkey baster to transfer water to fill the ice cube tray. If you don't have an ice cube tray, have your child transfer water from one container to another. Time them to see how long it takes to get all the water from the first container to the second container and then challenge them to beat their best time.

7. Decorate a box

Materials: Empty shoe box or other cardboard box, glue, stickers, markers etc.

Encourage your child to get creative and decorate their box using whatever materials you have available.

8. Cotton ball scavenger hunt

Materials: Tweezers or tongs, cotton balls (or some other small items), bucket or other container

Hide the cotton balls around the room (or multiple rooms). Have your child hunt for them and pick them up using tweezers or tongs to collect them into a basket or other container.

9. Rubber duck race

Materials: a tub of water, rubber ducks (or other floating toys), spray bottle filled with water

Fill a tub with water (or have your child do this activity when taking a bath). Put in floating toys and use a spray bottle to squirt the toys to make them move.

10. Paper plate face

Materials: Paper plate, markers, hole punch, and yarn

Punch holes in the top of the paper plate to outline where the hair would go. Have your child draw a face on the plate. Then they can weave the yarn through the holes to look like hair.