



## Behavioral Therapy Services

Phone: (954) 330 7611 Email: [behaviorchangeflorida@gmail.com](mailto:behaviorchangeflorida@gmail.com) website: [www.behaviorchangefl.com](http://www.behaviorchangefl.com)

### Fine Motor

Fine motor skills are one's ability to control the small movements in their hands and fingers, but fine motor skills are also essential in helping children make small movements with other parts of their body, like their feet, toes, lips, and tongue. When a child can't control the small movements in their hands and fingers, they will not only have difficulty in a school environment, but they will also struggle with basic life skills like getting dressed and feeding themselves. The good news is that there are tons of things that can be done to help develop fine motor skills, and early intervention is key. Here are some great fine motor activities you can do at home to help strengthen your child's hands and fingers

#### Play dough Finger Exercises

- create a ball, snake, disc, candy cane, donut, cookie, snowman, snail, ice cream, bugs, pizza, apple, pasta, hot dog, lollipops (use toothpick/popsicle stick/skewers (wooden) and smile face



#### Playdough recipe #1:

- 1 cup flour
- 2 tsp cream of tartar
- ½ cup salt
- 1 tbsp cooking oil (vegetable or olive)
- 1 cup water
- Food coloring (optional)
- Glitter or scents (optional)

#### Playdough recipe #2:

- 1 cup flour
- ¾ cup water
- 3 tablespoons of lemon juice
- 1 tbsp vegetable oil
- Food coloring (optional)
- Glitter or scents (optional)

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### **Crumpling/Tearing paper** (Who doesn't like being destructive!)

- Simple arts and craft
  - Outline can be printed or ask your child to draw a shape and fill in with torn or crumpled paper
- Crumpled paper basketball (use paper and laundry basket)
- Crumpled art
  - Crumple the paper and paint the creases and fold. Open when dry.
  - Crumple paper can be used to paint with (dip in paint and dap or smear on paper)



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### Insert Activities

- Diaper boxes/food containers small/big holes and thin/thick slits
  - I like to use oatmeal containers, disinfectant wipe containers, baby wipe containers (not need to cut)
  - Warm your knife/x-acto knives slightly to help with a clean cut instead of potentially cracking the lid when using force.
  - Use coins, buttons, sticks, cotton balls, pom poms, pipe cleaners/Q-tips, connect four discs, cards, dominoes
- Using penne pasta or cheerios you can make necklace/bracelets
- Place skewers in playdough (from playdough activity) and put cheerios or pasta on to make towers.



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### Sponges, spray bottles, measuring cups, whisk and tongs

- Transfer water (2 containers – one with water, the other empty)
  - Use sponge -let sponge soak, lift into other contain, squeeze water out
  - Measuring cups, cup or container to transfer water – add liquid soap to make bubbles for more fun or bath toy)
- With bath toys in water use the tongs to transfer out/to cup (one at a time)
- Soap batter (Whisk bowl with water and liquid soap to make foam. Add food coloring)
- Wash clothes (kid style)
- Cap fishing – put bottle caps/toys in water use net or spoon to scoop them out.



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- Use rice if you do not want to get wet (no soap)
- Spray bottles mixed with water and liquid paint
- Cut sponges and paint
- Q-tip art – use to make dot or smear

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### Shaving cream

- Spread a bunch of shaving cream on a table and have your child practice his/her letters and numbers either from memory or by copying a sample written by you.
  - If you do not have a tray, no worries! It will not stain or damage tables.



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