

Parenting Education and Family Engagement

Working together to help students be successful in school.

Take Home Tips

Promoting Fine Motor Skills: Small items that promote fine motor skills: Pretty much any small item is great for fine motor skills. You definitely need to keep a watch on younger toddlers, or kids that like to mouth items when working with small items. But just the act of grasping the small items is great for their little fingers.

- Cereal: Make a craft with them.
- Pipe cleaner pieces: Push them into a spice container.
- Pom-poms or cotton balls: Just pick them up! Or push them into a small container.
- Small containers to put things in: A number of objects can be used to push into it, including pom-poms or ribbons.
- Buttons: Make something out of them, or sort them by size or color.
- Stickers: Create a scene with stickers. The act of removing the sticker is huge!
- Toothpicks: Poke foam with it or use it to build structures.
- Marshmallows or raisins: Use with toothpicks to build structures, paint with them, or make a craft with them.



Objects that build hand strength: Items that help with hand strength, that require them to actually use their hand muscles in order to operate it.

- Kitchen tongs: Pick up stuff around the house with them.
- Eye droppers: Add them to a water activity or a science experiment.
- Syringes: Also add these to water activities! Kids love them.
- Playdough: Just let them play with it. The more they manipulate it, the more it strengthens.
- Rubber-bands: Wrap objects with a bunch of them or make a geoboard.
- Hole punch: Just punch holes in paper (kids will love that!) or include it in crafts.
- Clothespins: Include them in all kinds of activities. Have the kids hang stuff up, like on a clothesline!
- Tweezers: Again, use these to pick up small objects! These are smaller so it takes more coordination, but they're easier to actually squeeze.

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