



Fine and Gross Motor Activities

KCS Fine and Gross Motor At Home Activities and Resources



Fine Motor Activities:

- Opening and closing various sized and shaped containers with pull off and screw tops fosters grip strength, coordination and dexterity, and visual perception skills
- Play with construction toys
- Play with clay, putty, or playdough – squeeze, pat, roll, pinch, make balls and smash them
- Hide small objects (buttons, coins, beads, beans) in putty or playdough and then find them
- Use tongs or tweezers to move objects (cotton balls, blocks, raisins) from one container or area to another
- Play in the water/bathtub with a turkey baster and sponge – use to fill with water by squeezing
- Practice manipulating clothing fasteners with dress-up clothes
- Use a single hole punch or spray bottle to increase grip strength
- Tear and crumple paper which can be tossed into a trash can target for points
- Provide a picture or model of color sequences/designs with blocks or beads for student to copy



Fine Motor Activities:



- Use scissors to snip straws or licorice laces/Twizzlers
- Use scissors to cut out basic shapes on paper plates, heavy paper, or junk mail
- Use scissors to cut short strips of paper to make a paper chain
- Use scissors to cut magazine or catalog pictures to make a collage
- Use clothespins to place around the top of a container or to hang pictures like on a clothesline
- Use bubble wrap to pop bubbles by pinching with thumb and index finger or when pushing down on a hard surface
- Use spray bottles to help water plants or spray windows to clean
- Use a hole punch to punch along the edge of paper. Use clippings to make a confetti picture.
- Lace macaroni or cut up straws to make a necklace
- Craft activities and cooking aid in bilateral hand skills
- Write letters or numbers in shaving cream, finger paint, pudding, sand, etc.
- Play card games and play board games using small playing pieces
- Write letters to friends or family – Make a menu the family meals
- Do mazes, word searches, puzzles, or draw
- Do Legos® and other building activities

Gross Motor Activities:

- Lay on your tummy up on your elbows with your legs stretched behind you and read a book, play on the iPad, play with blocks or magnet tiles, etc.
- Position yourself on your knees keeping yourself up tall (tall kneeling) and throw a ball, do a puzzle on the coffee table, draw on paper on the wall, etc.
- Position yourself on hands and knees. Keep your tummy up and flat and your feet on the floor. Reach for pieces of a games, play with shaving cream on a mirror in front of you, pretend to be different animals.
- Lay with your belly on the floor with your arms out front and slowly lift your head, chest, legs and feet like Superman. Hold and say the name of your favorite super hero or hit a ball back and forth with your arms.
- Play Twister to build weak core muscles
- Ride a bike or tricycle
- Put an egg or small ball on a large spoon and race across the room. Trade hands and race back.



Gross Motor Activities:

- Use your couch pillows and have your child flip them over as many times as they can
- Name an animal and see if your child can walk like that animal across the room.
- Play hide and seek around the house
- Have a dance party – Go Noodle or choose your favorite music
- Draw hopscotch with sidewalk chalk and play
- Create an obstacle course in your house or yard where student can go under, around, between and over objects
- Play tennis with a balloon and pool noodle pieces or used paper towel rolls
- Put a line of painter's tape on the floor and pretend it's a tightrope. Walk the line carrying something in each hand
- Create an indoor scavenger hunt and have your child go around the house and find all the items
- Find a fun workout and do it together!
- Do the Hokey Pokey 😊



Online Motor Resources:



Link:	Description:
www.gonoodle.com	Fun movement activities online
www.theottoolbox.com	Fine and gross motor resources
www.typingclub.com	Beginning keyboarding games
www.theimaginationtree.com	Fine and gross motor activities
www.theinspiredtreehouse.com	Free games and resources for motor skills
www.handsonaswegrow.com	Fine and gross motor activities
www.ot-mom-learning-activities.com	Gross and fine motor and hand strengthening activities
www.ilslearning.com/gross_motor_skills	Brain-building gross motor activities
www.pinterest.com	Search fine and gross motor activities for lots of fun ideas and freebies
www.therealisticmama.com/exercise-videos-for-kids	Exercise videos for kids