

FINE MOTOR STRENGTHENING EXERCISES

- ❖ Thera Putty exercises
- ❖ Pencil tricks -- rotation, translation
- ❖ Drawing
- ❖ Using tongs to pick up blocks and stack
- ❖ Using tongs to pick up marbles
- ❖ Finger twister
- ❖ Isolating finger taps
- ❖ Beads or mancala translation
- ❖ Mazes of various sizes
- ❖ Light bright
- ❖ Tracing paper
- ❖ Finger loops
- ❖ Perfection
- ❖ Nuts/bolts
- ❖ Small pop bead creations
- ❖ Pipe cleaner designs
- ❖ Wrapping pipe cleaners around fingers and removing with just that hand
- ❖ Operation game
- ❖ String games
- ❖ Mini connect four
- ❖ Roll marbles and catch with cups
- ❖ Origami
- ❖ Paper clip chains
- ❖ Pushing bead chain through slots
- ❖ Tissue paper
- ❖ Small crayons
- ❖ Tile mosaics
- ❖ Clothespins
- ❖ Fuse beans
- ❖ Folding papers
- ❖ Spinning tops

