

# Developmental Fine Motor Activities for Kindergarten

Hand Skills that are addressed:

- A). Arches of the hand
- B.) Separation of two sides of the hand
- C.) Wrist extension and stability
- D.) Finger and thumb isolation
- E.) Pincer grasp
- F.) In-hand manipulation
- G.) Hand muscle development
- H.) Open web space
- I.) Tripod grasp

\*\*\*Store materials in various small containers with lids (baby food containers, spice jars, etc). The students would need to turn the lid to access the materials.

## 1). Table Hockey A, C, D, H

Materials: set of small dice, cubes or discs

Have the student place the little finger side of his non-preferred hand on a table surface and curve the hand into a cave shape to make a goal. Have the child use his preferred hand to flick the dice, one at a time, into the hand goal. Once the goal is in place on the table surface, encourage the child not to move it until all the dice are contained.

## 2). Hollow Hands A

Materials: media that can be scooped: rice, sand, dry coffee grounds

Help the child cup his hand. Gradually load the palm by adding small amounts of rice, sand, etc. Encourage the child to make the hollow deeper so he can hold more. Child can empty the content of their hand into a container/measuring cup to measure how much their palm held. They can repeat this activity to see if they can hold more the next time.

### 3.) Hole Punch Art A, B, F

Materials: 3" x 3" paper (with teacher- drawn shape, letter or figure) hole punch, markers, pencils or crayons

Using a regular hole punch or shaped hole punch, punch holes along the outline the figure. For holidays use familiar icons, or have students draw their own picture and then hole punch it out.

### 4.) Basketball A, F

Materials: Newspaper, basket

Take a sheet of newspaper and tear it into strips about 2" wide. Crumple paper up into balls with one hand (try not to use body to stabilize the paper). Toss the balls into a basket. Modify this activity by changing the density of the paper by using construction paper, tissue paper, or drawing paper. During the school day or after a cutting activity, have students squish paper or scraps into a ball before tossing it into the recycling bin.

### 5.) Paper Clips on a Lid A, F

Materials: Round, plastic lids (such as a margarine top), paper clips

Spread your fingers apart on your non-dominant hand and turn your palm facing up, so that all of your finger-tips are up in the air. Place a lid on top of your fingers. With your dominant hand, pick up paper clips one at a time, holding them all in your palm. Move one paperclip at a time to your fingertips and drop onto the lid. See how many paper clips you can put on the lid. The activity may need to be modified so that the student holds only 5 paper clips to start.

### 6.) Nuts & Bolts B, F

Materials: various sizes of nuts & bolts from a hardware store, container

Student must match the nut to the corresponding bolt and twist it on. To increase level of difficulty: attach nut to the tip of the bolt. Using only one hand, the student twists it on the rest of the way.

### 7.) Shakers A

Materials: Dice

Shake two dice by cupping your two hands together. (There should be an empty air space between your palms and you should hear the dice knocking together if you're doing this correctly.) Roll out the dice. Students can chart or write down the numbers rolled.

### 8.) Tube Hockey A, D

Materials: 5' String- tied between the tops of the back of two chairs, toilet tissue paper tube- threaded onto the string, Masking tape line half way between the chairs and 2 goal lines, dice

This activity is best utilized at a small group center. The object of the game is to send the tube along the string by flicking it with the index finger and thumb. Two students each kneel behind their goal line. The tube is placed in the middle at the center line. The first player rolls the dice to see how many index finger flicks or turns he gets. He then flicks the tube. (To flick the tube, hold hand palm down, with thumb curled on the nail of the index finger and index fingernail against the pad of the thumb. Quickly straighten the index finger while the other three fingers remained curled in the hand.) The second student counts to make sure the correct number of flicks were used. Then switch and have second student flick the tube while the first student catches. Decorate the tube to look like a car, rocket or animal to fit in with teaching unit.

### 9.) Tool Use B, D, G

Materials: Playdoh, pizza cutter, plastic knife

Students will use knife or pizza cutter to cut across flattened playdoh. Students can be asked to make horizontal, vertical lines, cross, square, etc.

### 10.) Spray Bottle B

Materials: spray bottle, water, chalk

Draw a pattern of shapes on the chalkboard. Students take turns washing away the shapes that do not fit the pattern by spraying them with water and wiping it off with a paper towel. Alternatively, use spray bottle to draw shapes or letters on a chalk board

### 11.) Beads in a Bottle B, F

Student turns over a number card & counts out the corresponding number of items. Student places all items in palm of hand, then works one item at a time from palm to thumb & first finger. Drop items one at a time into the bottle without letting any of the other items fall.

12.) Bean Bag Match B, G, H, I

Materials: bean bags (each labeled with a different capital letter), spring-loaded clothespins

Students practice matching a letter with its sound. One student says the sound, the other student finds the letter corresponding to that sound. Student picks up the bean bag with a clothespin and places it on the correct letter on an alphabet strip.

13.) Clay & Pipe Cleaner Shapes B, C, F

Materials: modeling clay, pipe cleaners, shape cards

Student picks a card with a shape (or a letter, number, etc.) drawn on it. Roll clay into small balls using thumb and first & second fingers, keeping last two fingers curled into palm. Using the pipe cleaners, join the balls of clay together to make the shape on the card.

14.) Cotton Ball Math B, E, H

Materials: tongs, cotton balls, wide mouth container

Students work in pairs, taking turns. First student writes a number on the other student's back. That student must identify the number drawn, then, using the tongs, pick up the corresponding number of cotton balls and place in the container.

15.) Tongs & Tweezers B, C, H, I

Materials: ice cube tongs, wooden toast tongs, plastic tweezers, etc., small items (blocks, beans, counting bears, etc.)

Pick up small items and place objects into containers, onto a number line, in a tower, etc. Make sure the student holds the tongs with the thumb & first two fingers, with the last two fingers curled into the palm. Tongs and tweezers should be held vertically so that they are perpendicular to the table.

16.) Eye Dropper Art B, C, H, I

Materials: coffee filters or paper towels, eye dropper, colored water

Control the eye dropper to release only one drop of water at a time to create a picture.

17.) Tissue Paper Projects E, G

Materials: tissue paper, glue

Based on your unit/theme, students tear tissue paper into small pieces. Glue pieces onto a template, or crumple the pieces into tiny balls to create pictures or forms.

18.) Stringing Beads B, E, H

Materials: beads (or short pieces of straws, noodles, etc.), string (shoelace, pipe cleaner, etc.)

Students place beads on string. They replicate patterns, or group by size, shape, color, etc.

19.) Lacing Cards A, D, E, H

Materials: lacing cards, string

Student laces string sequentially through holes of the card.

20.) Heads/Tails Penny Flip C, H, I

Materials: file folder, or construction paper with letter of the day, shape or just an "x" drawn on it; pennies

Student sits at desk with paper in front of them with a shape drawn on it. They place pennies along the line (heads facing up) so that they touch one another. When the shape is complete, they start again and turn the pennies over so that tails side is up. They can return pennies into the container by picking up more than one at a time, storing them in their palm and bringing one penny out at time without dropping the other ones in their palm. They can do this until all the pennies are put away. Avoid sliding pennies off the edge of the table to pick up; its harder work to pick them off of the table top using the fingertips!