

Fine Motor Ideas for Families at Home

Here is a collection of activities for your kids to do while at home during the school break. Feel free to intersperse these into your day or as a warm up of break from other school tasks. These activities are fun and are meant to bring families together using objects you already have around the house.

Fine Motor Activities:

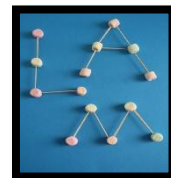
- Build with Lego - make a marble maze or create something new
- Knead **Playdough or clay**. Build objects with them (snakes, small balls, pizzas, cookies). Hide small objects in the Play dough and have your child find them or pinch it or roll into small balls using the fingertips.
- Gather small objects from around the house (small buttons, beads, small plastic bugs from the dollar store etc.) place them in a container and have your child pick them up off the table with a **pair of tongs/tweezers** and place them back in the container.
- Play finger soccer: teach child how to "flick" the ball into the goal. Ball can be crumpled paper, ping pong ball, round bead, etc. Or try use a straw and blowing (great for your oral motor muscles)
- Play a game of marbles Jenga connect four, Kerplunk, Operation etc. Games are a great way to build fine motor skills and connect to build other skills like turn taking or counting
- Have your children **clip clothespins** to a container or pick up pompoms or objects with clothespins. Have a race and put the container at the end of the room and then do frog jumps or other movements to get to the container.
- Have child use their fingers to **spread sprinkles** on cookies or place chocolate chips or other treats or roll out cookies into balls and squish while making cookies! Have them stir the batter too! This is a great shoulder strengthening activity.
- Have your older kids practice some simple cooking activities - making smoothies, toast or washing dishes. Such great life skills while also building strength and sequencing skills.



Letter Activities:

You can do several fun activities at home to encourage **letter exploration** and printing.

- While your child is in the bathtub have them draw letters or shapes (diagonal lines too!) on the wall of the tub with shaving cream or **soap paint**.
- **Trace a letter** on your child's back and have them guess and write the letter on a piece of paper. Take turns and have them trace a letter on your back. Form letters out of **play dough or clay**.
- Use small **marshmallows and toothpicks** to form letters.
- Form letters out of **French Fries, spaghetti noodles** or other food items they can have fun with letter exploration!



- Decorate a letter collage using **glitter, puffy paint, and markers.**
- Print a letter with glue, and then add material to it (feathers, beads) - you could use materials that start with that letter.
- Use a sponge in water and wring out, trace out letters on the sidewalk or on dark construction paper or another dark surface with the damp sponge, then dip in water and trace another letter!
- Make **cookie letters.** Having your child form the letters by rolling the dough and putting the pieces together.
- **Finger paint** letters with Jell-O, pudding or Cocoa on a paper plate.
- Have children write letters with icing tubes.
- Use a flashlight and make letters on the wall. You or your child has to guess the letter that was made. You can also cut out letter templates to place in front of the flashlight.
- Poke straws/pipcleaners into small holes
 - Cup with holes
 - Cheese grater
 - Pipecleaners into colliander



Above all... have fun! And ALWAYS start the letters at the TOP!!

Printing/Keyboarding Ideas:

- Write a letter to a friend, grandparent or other relative. Learn how to address the letter and where to put a stamp. Everyone would love a letter right now
- Write out groceries lists - use lined paper to help your kids stay organized
- Write an email to a friend/family member - help your child learn how to address and close an email so it pleasant and friendly
- Print or write for only 15-20 minutes each day. This is an exhausting activity. Give your hands a break and try other fine motor games
- Write out a recipe card of a favourite online recipe you found
- Write a thank you card to a community helper - drop it off at the grocery store, firehall or doctor's office.

Additional Resources/Recipes/Websites

Finding activities away from technology is always beneficial but there are some great tools to work on printing and typing.

Typing Practice:

- For younger students: <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>
- For older students: <https://www.typingclub.com/> or <https://www.typing.com/>
- Keyboarding without tears license (approx. \$10 per license)

Printing:

- Learning without tears free resources: <https://www.lwtears.com/programs/distance-learning>
- Apps -
 - Write about this - They have pictures and writing starters to help kids write - this also helps kids use word prediction
 - Letter School
- Printing like a Pro worksheets:
 - Upper Case:
http://inspiringmindsinkindergarten.weebly.com/uploads/2/7/9/2/27925983/upper_case_complete_set.pdf
 - Lower Case: http://inspiringmindsinkindergarten.weebly.com/uploads/2/7/9/2/27925983/lower_case_complete_set.pdf

Washable Finger Paint

- 1 cup all-purpose flour
- 1 cup cold water
- 3 cups cold water
- Food colouring
- In large saucepan, mix the flour with 1 cup of cold water. Stir until smooth. Add the 3 cups of cold water. Cook over medium heat, stirring constantly until the mixture thickens and bubbles. Reduce heat and simmer 1 minute more stirring constantly. Divide into 3 heat resistant bowls and tint with food colouring.

Washable Window Paint

- Tempera paints (powdered or premixed)
- Clear dish washing liquid
- Mix powdered paint with dish washing liquid until it resembles "house paint" OR mix a little dish soap into pre-mixed paints. Line the window sash with masking paint or an old towel to protect this area. Wipe away with a dry paper towel to remove or fix mistakes. DO NOT PUT IN TO MOUTH.

Sand Play Doh

- 1 cup sand
- $\frac{1}{2}$ cup cornstarch
- $\frac{3}{4}$ cup water
- Mix ingredients in saucepan and cook until thick. Allow to cool, knead and allow to harden for use.

Play Doh

- 2 $\frac{1}{2}$ cups flour
- 1 tbsp cream of tarter
- $\frac{1}{2}$ cup salt
- 2 tbsp oil
- 2 packages of kool-aid
- 2 cups boiling water
- Mix dry ingredients. Mix wet ingredients. Add wet ingredients to dry and mix well. Wearing rubber gloves, knead until smooth. Allow to cool before playing with it.
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