

## Fine Motor Coordination Activities

The following are suggestions for activities to perform at home to increase coordination:

1. Pick up small buttons or coins from a table.
2. Stack coins, dice, or cubes.
3. String beads.
4. Tie 12-inch lengths of string with as many knots as possible. Then untie.
5. Pick up pencil and roll it between fingers and thumb.
6. Turn pages of a book or magazine.
7. Peel potatoes or carrots with a peeler.
8. Cut food with a knife.
9. Dial the telephone.
10. Open and close a lock with a key.
11. Use scissors to cut out pictures from magazines.
12. Typing.
13. Play piano.
14. Screw and unscrew nuts and bolts.
15. Do your own buttoning and shoe tying.
16. Resume or begin hobbies such as knitting, crocheting, sewing, needle point, latch hook, weaving, mosaics, etc.
17. Play games such as checkers, chess, cards, and board games.
18. Play video games.
19. Do jigsaw puzzles.
20. Paint by numbers, doodle art, and trace designs.
21. Hook paper clips together.
22. Fasten safety pins to a towel or washcloth; then remove.
23. Attach Bobbie pins to a note card.
24. Flick small balls of paper or beads.
25. Write letters or make lists.
26. Squeeze/wring out washcloths.
27. Use tweezers to pick up rice.
28. Pick up popcorn kernels; use a tweezers also.