

## 10 Fine Motor Activities for Kindergarteners at home:

### Supplies:

Dry spaghetti noodles or pipe cleaners  
Small beads  
Empty/dry disposable water bottle  
Cotton balls (broken in half) or pennies  
Paper  
Crayons  
Child-size scissors  
Clothes pins  
Tweezers  
Large roll of paper/masking tape  
Toilet paper or paper towel rolls  
Recycled cardboard or cereal boxes

- 1.** Drop cotton balls into the small opening of the water bottle. To make this more difficult, use tweezers or clothes pins.
- 2.** String beads onto dry spaghetti or pipe cleaners
- 3.** Draw a zig-zag or curving pattern on paper and have children trace over the top with a crayon.
- 4.** Draw a zig-zag or curving pattern on paper and have children cut out the pattern with scissors
- 5.** Make lines about a ½ inch apart on either a toilet paper roll or paper towel roll and have children cut across the lines.
- 6.** Pick up the snipped off pieces of toilet paper roll/paper towel roll with either the tweezers or the clothes pins and drop into a cup.
- 7.** Using a crayon, marker, or pencil divide a piece of blank paper into 6 or more sections. Have children attach clothes pins to each section. Create or draw pictures to each section and have them find matches.
- 8.** Holding a crayon at the bottom, have children inch their way up with crayon just using their dominant/writing hand. See if they can improve control and speed over time.
- 9.** Cut Shapes out of recycled cardboard using scissors. This can be made into an art project by asking children to make a face and color in the different features.
- 10.** Roll out the large roll of paper on the floor, cut the roll away leaving a long piece of paper, tape the corners with masking tape and supply children with crayons. Allow children to work on their belly, supporting their body with their elbows to build upper body strength.