

Empower Minds.  
Strengthen Bodies.  
Inspire Creativity.

### FINE MOTOR/COORDINATION ACTIVITIES

The following exercises are designed to help increase the fine motor control and coordination of your hands and arms. Do the specified exercises \_\_\_\_\_ daily for \_\_\_\_\_ minutes at a time.

#### Fine Motor Activities

Thread various size beads onto a string. As you progress, make string and opening of beads smaller.

Fill a bowl with dried beans of various sizes. Add various size objects such as buttons, coins, paper clips, marbles to the beans. Close your eyes and using one hand, try to find all of the objects.

Work on putting a puzzle together, decreasing the size of the pieces as your progress.

Lay coins of various sizes on the table and work on picking them up.

Using a quarter, dime, nickel and penny, work on stacking them onto each other (largest to smallest then reverse).

Using buttons or coins, practice turning them over as fast as you can.

Using a variety of sizes of nuts/bolts, practice attaching the nut to the bolt. Decrease diameter as your progress.

Shuffling, dealing and playing cards. Practice turning over the cards one at a time.

Using a variety of button sizes, practice turning them over as fast as you can.

#### Coordination Activities

Rapidly alternate making a shooting gesture with one hand while making an "OK" sign with the other hand.

Slap your thigh with your palm facing up then down. Try to increase speed while maintaining full motion.

Make an "O" by touching your thumb to each fingertip one at a time.

With your palm flat on a table, spread fingers apart and bring together keeping your palm flat.

Practice tossing a ball into the air and catching it. Decrease the diameter as your progress.

