

FINE MOTOR ACTIVITIES

HANDWRITING STRENGTHENING EXERCISE

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For this activity, we used a recycled egg carton, a [wooden skewer](#), and cut pieces of [straws](#).

Use the top of the egg carton and poke holes using the wooden skewer. Wiggle the skewer until the holes are larger. Cut the straws into one inch sized pieces, and you are ready to go!



Show your kiddo how to poke the straw pieces into the holes. We used both sides of the egg carton, but using the inside of the egg carton sections especially works on the lumbrical muscles in the hand. Holding the small straw sections requires a tripod grasp and when the child is required to push the straw through the hole in the section of the egg carton, they are positioning their hand in an Intrinsic Plus Position.

Ask your child to hold several straw pieces in their hand at once to address [in-hand manipulation](#). This skill is needed to manipulate the pencil and rotate the pencil during handwriting tasks.

We cut off the lid of our egg carton for this activity. It was a good way to work on bilateral hand coordination which is necessary for holding the paper and pencil with two different hands during a handwriting task.

Once the straws are partially in the holes of the egg carton, your child can press them the rest of the way through the hole, utilizing [finger](#)

[isolation](#). Then, turn the egg carton over and use a tripod grasp to pull the straws the rest of the way through the holes.

Homemade Lacing Cards

Lacing activities will work on those fine motor skills, open up the thumb web space, coordinate hand and eye movements, and work two hands together in effortless coordination.

- [Foam sheets](#) are very versatile for lacing cards. They can be made into any shape using cookie cutters or free hand drawing, punch holes and use an old shoe lace or yarn. Put masking tape at the end of the yarn to make it easier to thread in and out of the holes.
- Make a lacing card using recycled materials like a takeout container or recycle a cereal box or old flash cards or index cards.
- If you have any produce basket or sink mat with holes, give children ribbon to weave in and out after tying one end.

Masking Tape Fun

Give your child masking tape to tear and place on a surface like a plastic tray or cutting board. Have them place the tape in a design and then as an additional finger strengthening activity, have them remove the tape. Also give them paper to create masking tape art. You can also have them paint each strip of paint a different color.