



# 10 Sensory Activities to Strengthen and Improve Fine Motor Skills

## YOUTUBE FREEBIE

Fine motor skill development is a combination of upper body strength and stability, fine motor strength and dexterity, and visual motor coordination. Try these 10 activities to build all of these skills, and more!

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### 1 ONE HAND PAPER CRUMPLE

Using just one hand, crumple and un-crumple a piece of paper. Be sure not to use anything but that one hand to do this - no shaking, no using your other hand, and no using your body or table to help!

Then, be sure to do the same with your other hand!

### 2 BALL WALK OUTS

Using a therapy / exercise ball (use a peanut ball for extra stability) lay on your stomach over the ball, placing your hands on the floor. Keeping your lower body on the ball, walk your hands forward. Then, walk back to your starting position.

That's one rep. Be sure to complete ball walk outs with hands flat on the floor!

### 3 SPOON TRANSFER

Using a spoon, scoop items from one container to another.

Use a sensory bin with beans or cotton balls. Place cups outside of the bin and use the spoon to scoop items out of the bin and drop into the cups. Try doing this with your dominant hand, and your non-dominant hand!

### 4 STRAW CUT AND STRING

Using plastic straws, cut the straws into many different sized pieces.

Then, string each piece onto a string, yarn, or pipe cleaner. This activity is great for fine motor skill development as well as bilateral integration!

### 5 SEQUENTIAL FINGER TOUCHING

Gently tap the tip of your thumb to the tip of each finger, making an "O" with your thumb and each finger.

Be sure to complete this with both hands.

## 6 KNOTS

Using a rope or shoe lace, practice tying knots all along the rope. Then, untie the knots.

This is great for fine motor strength, dexterity, bilateral integration, and visual motor development.

## 7 WALL WALK UP

Stand near a wall and place your hands on the ground, making sure your palms are flat. Carefully walk your feet up the wall as far as possible and hold as long as possible.

Great for upper body strengthening!

## 8 TONG PICKUP

Using tongs, pick up toys and different objects!

This can be great during toy clean up; use during a sensory bin activity; use to sort objects by color or size; get creative! Tongs are a great tool to help develop both sides of the hand!

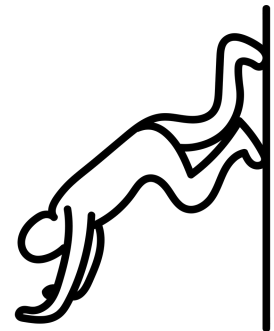
## 9 CLOTHESPINS

Grab some clothespins and hang a string / small rope. Use the clothespins to hang items to the string - socks, gloves, toys, cards.

When pinching the clothespins, be sure to pinch with thumb and index finger (and middle finger if necessary) and attempt to maintain "O" fingers (similar to when completing sequential finger touching).

## 10 SIGN LANGUAGE

Learning sign language can be a great way to practice finger control, dexterity, and strength!



# BONUS!

## 1 ADD ACTIVITIES TO OBSTACLE COURSES

Add these fine motor activities to a fun sensory obstacle course to get the added benefits of gross motor and sensory input!

Learn how to easily build an obstacle course!

<https://youtu.be/QnavhPn-gHM>

## 2 YOUTUBE VIDEO - 5 STRATEGIES FOR HANDWRITING

5 fun activities to build handwriting skills!

<https://youtu.be/xyc3qv01rls>

## 3 YOUTUBE VIDEO - 5 ACTIVITIES TO PROMOTE SHOE TYING

Try these 5 activities to help build shoe tying skills!

<https://youtu.be/oAASr2tw5Cs>

# Want more help?!

## [CHECK OUT OUR FINE MOTOR SKILLS ACTIVITY COURSE!](#)

Get access to even more activities that develop fine motor skills!

- 35 activities for handwriting
- Using stickers to develop fine motor skills
- 20 activities with painter's tape
- 10 activities using a deck of cards

<https://harkla.co/products/fine-motor-skills-activity-course>