

# Fine Motor/Gross Motor Activities

# Get Ready to Cut!



April 29, 2020





Lesson: April 29, 2020

**Objective/Learning Target:**

**Cutting Skills Without Scissors**

**Strengthening Upper Body and Core Muscles**

**Eye Hand Coordination**

**Using Both Hands Together**



# 10 Activities to Get Ready to Cut Without Using Scissors



Here are 10 activities to help develop pre-scissor skills to get the body ready for cutting:

1. Activities that require upper extremity weight bearing - crawling over and under objects, animal walks and walking on hands.



2. Activities that encourage upper extremity muscle strengthening - monkey bars, rock climbing walls and tug of war.



3. Paper activities: Tear paper into small pieces and scrunch tissue paper into small balls.



4. Lacing Cards - Punch small holes in recycled greeting cards and lace yarn through the holes.
5. Playing with clay - creating small balls, pull clay apart and use rolling pins.
6. Use a hole punch or paper punches. Make a collage out of the small pieces of paper.
7. Use tweezers or tongs from the bathroom and kitchen to pick up small objects like cotton balls or dried macaroni.
8. String beads or macaroni on yarn, string or pipe cleaners/
9. Complete puzzles.
10. Use clothes pins to help strengthen the small muscles of the hands.



**Challenge Activity:** Try doing some of these activities while sitting criss-cross applesauce or lying on your stomach.

## Lace Card Printable



## Stringing Macaroni

