

Fine and Gross Motor Object Manipulation Activities



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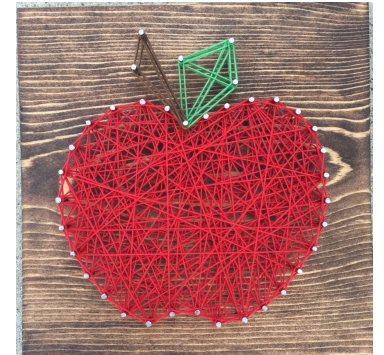




Fine & Gross Motor Activities EC-12 All Ages and Abilities

Lesson Target

Small Object Manipulation, Fine Motor Control, Dexterity Skills, Eye-Hand Coordination, Upper Body Strength, Postural Control





Small object manipulation activities:

- Create bead animal keychains
<https://youtu.be/bozQHrHS1GA>
- Play Jacks
- <https://youtu.be/Bwq9SixttsM>
- Make folded paper chains
<https://youtu.be/gQvXV8U2mxw>
- Pick up coins, beads, silverware using one hand
- Pick up small objects using tongs or clothespin
- Paint using variety of brushes or q-tip
- Playing card shuffling, sorting, fan cards
- String art
- Yo-Yo





Eye-Hand Coordination, Upper Body and Postural Control

Proficiency in manipulating and handling small objects requires good upper body and postural control, as well as eye-hand coordination skills.

Try these fun outdoor activities:

- Gardening tools to plant or play in dirt
- Buckets/Shovels/Tools to play in sandbox
- Sidewalk chalk drawing
- Pop bubbles by poking or clapping
- Scoop and toss, badminton, croquet, volleyball, tennis
- Jumping rope
- 2 or 4 square game

