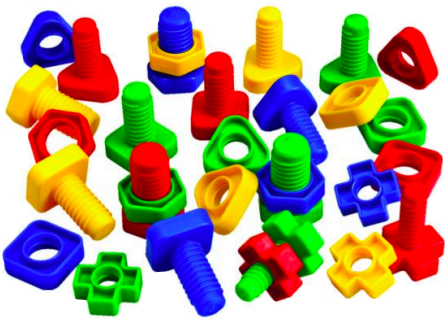




# Fine Motor

## Pre-Writing

### Nuts & Bolts



#### Materials

- various nuts and bolts

#### To Do:

1. Have your child twist the nuts on and off the bolts.

This movement should use the same finger pad grasp (thumb, index, and middle finger).

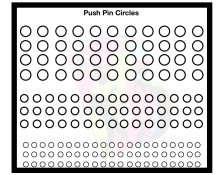
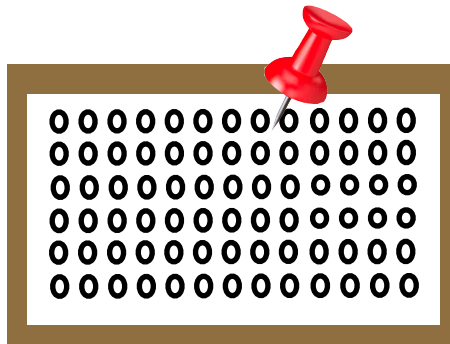
Children sometimes cheat and spin the nut using just their index finger... encourage the three finger grasp.

# Fine Motor: Pre-Writing

Download  
Available

## PUSH PIN BOARDS

**SUPERVISION  
REQUIRED**



### Materials

- cork board, coaster, carpet square, foam tile, or thick cardboard.
- push pin tack
- activity sheets

### To Do:

1. Using a push pin, have child gently poke a hole inside the center of each circle.
2. Re-use sheet by having them poke a designated number of holes in each circle.
3. Tell them that the holes should not touch each other

***We have safely and successfully used this activity at  
BSMART with groups of preschoolers.***

***Please go over safety rules for using the push pins.***



# Fine Motor: Pre-Writing

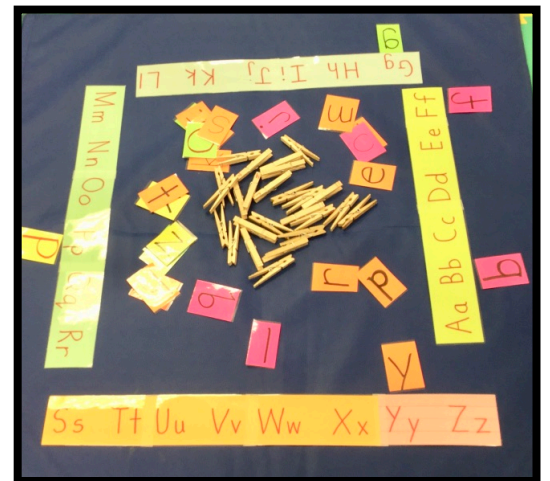


## Clothespin Clipping



### Materials

- wooden clothespins
- rope, plates, coffee canisters, dowel rods, boxes, cardboard, rulers, ribbon, wire basket, etc.
- paint
- permanent marker
- paper or card

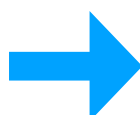


### To Do:

1. Paint clothes pins different colors (for color coding)
2. Use a permanent marker to write numbers on one side and letters on the other (optional)
3. Have your child use the pincer grasp to pin clothes pins to objects
4. Extend the activity by having them group or match by color, spell out their name, pin in alphabetical order, or put in number order, etc.



Link to more clothespin  
activities



[https://www.pre-kpages.com/  
fine-motor-clothespin-activities-  
for-preschool/](https://www.pre-kpages.com/fine-motor-clothespin-activities-for-preschool/)

# Fine Motor: Pre-Writing

## Ball Munchers

### Materials

- tennis ball
- various sized buttons, coins, paper clips, or beads
- sharp utility knife



### To Do:

1. Use knife to cut a slit for the mouth
2. Draw facial features using a permanent marker or fabric glue.
3. Have your child squeeze the ears of Mr. Muncher with nondominant hand so the mouth opens.
4. Using dominant hand, have your child pick up objects to feed Mr. Muncher.



***Ours have been well-used!***

# Fine Motor: Pre-Writing



## Tweezers

### Materials

- tweezers (disinfect before use)
- beads, straws, blocks, pom-poms, Cheerios, gold fish
- empty egg carton, ice cube tray, or cupcake baking tray

### To Do:

1. Using tweezers, have child sort objects by color, size, or type.
2. Pick up and drop toothpicks through straw into container.

