

# 30 Days of Fine Motor Activities

						
						
						
						

	
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- Grip exercises with kitchen tongs
- String cheerios onto pipe cleaner
- Q-tip paint art
- Water plants with spray bottle
- Fruit Loop art
- Build with Lego
- Rip tissue paper, crumple into bottle
- Spaghetti towers with Play-Doh, beads
- Write name, peeling & placing stickers
- Rolling, cutting, squishing Play-Doh
- Clothespin words
- Tracing cookie cutters
- Grow a Play-Doh garden
- Scooping ice with a spoon
- Marble pick up and drop game
- Placing golf tees and marbles in Play-Doh
- Making a space helmet (pipe cleaners in colander)
- Play-Doh cupcakes
- Squeezing out sponges to fill a bowl
- Turkey baster colour mixing game
- Toilet paper roll haircuts
- Hole punch lantern craft
- Clothespin grabbing game
- Feeding marbles to 'munchie ball,' squeeze ball to open
- Putting coins into a piggy bank
- Playing with puzzles
- Spaghetti cutting game
- Making jewelry using pasta or beads
- Popsicle stick shape puzzles
- Painting with small sponges