

Activity Idea

FINE MOTOR SKILLS PRACTICE

Recommended for Ages 2+

DIY Craft and Activity

This activity is easy to set up and helps children practice fine motor skills by pinching and grasping their fingers to hold the pom poms. It also helps build vocabulary because they will hear, and practice words describing the pom poms and hear names of colors.

Supplies Needed:

- Pom Poms
- Whisk
- Basket or container

Instructions:

The set up for the activity is quick and easy! Stuff the pom poms into a cooking whisk. Use different colors and textures if available. After you have filled the whisk with pom poms your child is ready to begin the activity.

Ask your child to remove the pom poms from the whisk and put them in the basket or container. This activity will require your child to use bilateral hand coordination as one hand holds the handle of the whisk and the other uses pincher's grasp to remove the pom poms. Some children may also use problem solving skills and come up with other ideas to remove the pom poms like shaking the whisk or spreading the wires of the whisk open.

If you want, have multiple containers and have them sort according to size or color.