

Fine Motor Art Based Activities

Painting with cotton wool and pegs

Using clothing pegs and cotton wool, student has to create their own version of a paintbrush. Using a tripod/pincer grasp (similar to the grasp used in grasping a pencil for handwriting) student opens up the peg and places a ball of cotton wool inside. Then, holding onto the peg, dip this into paint and use it as a paintbrush.

This is a good activity to practice grasp coordination, finger strength and bilateral coordination (the coordinated use of both hands)



Painting using ear buds

Instead of using a paintbrush, use earbuds to paint. This is a good activity to focus on *fine motor grasp (as the earbud is so thin)* and *pencil pressure if your student writes too hard*. You can make this activity easier by taping a few earbuds together so that it is thicker/easier for the student to hold. As the student becomes more confident and coordinated in their movements, you can begin to take away the number of earbuds until they are left with one.



Student can paint free hand a picture of choice, or the simple dot to dots can be used below to practice number order and grasp control

Simple Dot to Dots using Ear Bud Painting





