

General Kindergarten Hand Exercises and Activities

These activities help develop fine motor skills needed for writing.



Playdough is great for strengthening hand muscles. Squash it, squeeze it and pound it!



Use both hands together to mold a pot, a bird's nest or anything else that takes your fancy. Roll a few balls to make eggs for the nest or peas for the pot...



Rolling out playdough with both hands together is good for coordination as well as for exercising the hand and wrist muscles.



Pushing coins into money piggy bank is a fun exercise – all kids love feeling rich! Encourage your child to pick up and put in one at a time, and once he has mastered this, let him hold a few coins in his hand and put them through one by one without letting the others fall.



Crumpling small pieces of paper for “scrunchies” is good exercise and also makes a great decoration for craft activities.



Use ‘scrunchies’ to add smoke to a chimney. The house was made as a cutting activity.

Scissor cutting skills are vital for getting the tripod fingers (thumb, index and middle fingers) to work together well. Have your child cut with scissors as often as you can!!!

Kindergarten Hand Exercises for the Tripod Fingers



Show your child how to isolate the tripod fingers with a small slip of paper under the ring and little fingers. I tell my kids that the thumb, middle and index fingers are the 3 friends, who need to work together, so we are going to keep the other fingers out of the way with this piece of paper.



Draw a single dot on one side of a clothes peg, and two dots on the other side. This shows your child where to place the fingers for maximum fine motor benefit.



Use the clothespins to pick up small pieces of paper.



Children love to be helpful. Try stringing out a washing line at your child's height and giving small clothing items to hang up with clothespins.



Make cages for dinosaurs and wild animals. Simply place clothespins all around an egg box lid!



Ok, this activity does use a crayon, but it is used in such an undemanding way! Use the tripod fingers to hold a crayon down flat and rub color all over a large area, like this circle, which is about to be cut out. Although square and triangular crayons are great, they are hard to find, but regular crayons do the trick just as well.



Tearing paper can be fun! Once strips have been torn, then tear the strips into small squares. Use the tripod fingers to grasp the paper and tear.



Use the paper squares to make a collage. Picking up the small squares and gluing them works the finger and hand muscles.