



Tualatin Hills Park and Recreation District

Fine Motor Skills: Tongs

Practice some fine motor skills by using tongs to pick up different types and sizes of items! Here are some different activity ideas:

Hair Ties

Toss a handful of larger hair ties (not the tiny rubber ones) into a bowl or box and use the tongs to pick them out one at a time.

Blocks

Choose some blocks that are all similar sized and place them on the ground. Use the tongs to pick up one block at a time and place it in a box or container (doubles as clean up practice!)

Legos

This is a harder version of blocks because legos can be so tiny! Same idea as above, start with a pile of legos and pick them up one at a time and put them in a box.

Pom Poms

You can keep this simple and use the same concept as blocks and legos or if you want to make it a little fancier, use toilet paper tubes decorated for each color of pom pom so your child can practice sorting by color while practicing picking the pom poms up with the tongs.

Gold Fish

What kid doesn't like a fancy way to eat a snack! Use the tongs to eat each gold fish (can work with other small snacks too).

Grapes

Just like the gold fish, this is another fun snack to eat with tongs! Mix it up a little and put the grapes in water for an additional sensory option.

Floating 'Fish'

Find a variety of waterproof toys, put them in a tub of water (or the bath tub) and practice pulling each toy out of the water with the tongs.

Beads

Another variation on a theme, beads can be super tiny which can make them a fun challenge for kids once they master the tongs!

