

# 10 FUN WAYS TO PLAY WITH TONGS TO PROMOTE FINE MOTOR SKILLS

## Why Use Tongs With Kids?

-Tongs provide great practice with using the precision side of the hand (the thumb, first and second fingers) to squeeze and release.

- Learning how to separate the precision side from the ulnar side and how to tuck those fourth and fifth fingers into the hand while working with the grasping fingers is key in the progression of fine motor skills.

-This skill allows a child to grasp a pencil correctly and to use the precision side of the hand to open and close scissors fluently and in a coordinated manner.

## Props to Use With Tongs

- 1 || Muffin tins
- 2 || Ice cube tray
- 3 || Container with hole cut in top
- 4 || Egg cartons
- 5 || Paper towel tubes/toilet paper tubes

- 6 || Pompoms
- 7 || Blocks
- 8 || Play dough
- 9 || Fake food
- 10 || Other manipulatives: ping pong balls, flat sided or regular marbles, bear counters

## 10 Fun Ways to Play

### 1 || Stacking blocks

Challenge kids to create a tall tower using only their tongs to pick up and stack blocks!

### 2 || Painting with cotton balls

Have kids use tongs to pick up a cotton ball and dip it into the paint. Then, they have to maintain a tight squeeze to be able to hold onto the cotton ball as they paint on their paper.

### 3 || Fill a container with pompoms or other manipulatives

Use a container with a wide open top, or try one with a smaller opening for more of a challenge.

### 4 || Add tongs as a prop for a sensory bin or water table

### 5 || Pretend cooking/grilling

Kids love creating their own cookout, flipping pretend burgers and dogs on a "grill" with their tongs

### 6 || Add tongs as a prop for play dough

Tongs are a fun addition to play with play dough – great for squishing and squeezing against resistance.

### 7 || Move game pieces with tongs

Add a new spin on board games by challenging kids to move their game pieces using only a set of tongs!

### 8 || Pom pom mats

We love the dinosaur pom pom mats and bug-themed pom pom mats from Artsy Craftsy Mom!