

FINE MOTOR STRENGTHENING - MUNCHIE BALL



1. Cut a slit in a tennis ball and decorate tennis ball with facial features, hair, etc.
2. Encourage child to place their thumb on one of the balls "cheeks" and their index finger on the other "cheek" and squeeze until the "mouth" opens
3. With other hand, child picks up small objects (coins, beads, small erasers) and places it into the Munchie's mouth
4. Some tennis balls are softer than others, you can make activity easier this way. You can find smaller tennis balls at the pet supply store for smaller hands.
5. This activity works on hand strengthening, bilateral coordination, pincer grasp