

## **ADL Fine Motor Activities** that can be timed to record progress.

- \* Uncap pens or markers
- \* Erase 5+ written words.
- \* Dispense lotion from elbows to finger tips.
- \* Uncap water bottles.
- \* Tie Shoe laces.
- \* Don shoes using a shoe horn.
- \* Unlock and lock a door.
- \* Squeeze water from a sponge or wash cloth.
- \* Button a shirt.
- \* Close and open a cereal box or spice jar.
- \* Open a sealed envelope.
- \* Fold a piece of paper into third's or quarters.
- \* Staple and sort 4+ bills into 2 piles.
- \* Fold towels.
- \* Make a bed.
- \* Write and sign a check.
- \* Sort socks and tuck sock mates together.
- \* Peel an apple.
- \* Pour a glass of water.
- \* Retrieve an item from the floor.