



Cross off a square each time your child does an activity – five in a row is **BINGO!** Try for a blackout over a week or two. Every square strengthens the little hand muscles kindergarten needs for pencils, scissors, zippers and lunchboxes.

 Play-dough snakes roll 5 long skinny snakes	 Wavy-line cutting child scissors on a drawn wave	 Sticker patrol peel & place 10 stickers on a line	 Cereal necklace thread O-cereal on a pipe cleaner	 Tweezer transfer move pom-poms bowl to bowl
 Tower of 10 stack small blocks without a wobble	 Trace dotted letters on paper or in a tracing app	 Tear & glue collage rip paper bits, glue a picture	 Sponge squeeze move water between two bowls	 Button up button & unbutton a real shirt
 Clothespin clips clip 10 pins around a bowl rim	 Bead stringing big beads on a shoelace	 FREE! high five & wiggle those fingers	 Stay in the lines color one small shape neatly	 Hole-punch border punch around a paper's edge
 Zip it! zip & unzip a jacket 3 times	 Dough cookies flatten & cut with cookie cutters	 Paper airplane fold together, crease with fingers	 Coin drop post coins into a piggy bank slot	 Lacing card yarn through punched holes
 Lid twister screw & unscrew 3 jar lids	 Salt-tray letters finger-write letters in a salt tray	 Egg-carton pinch one cotton ball per cup, pinched	 Spray bottle water the plants, squeeze trigger	 Chalk art small chalk pieces build pencil grip

Why it works: pinching, threading, squeezing and tracing build the same hand strength and control kindergarten writing needs – no worksheets required. Ten playful minutes a day is plenty. Small items (beads, coins, pom-poms, cereal) stay grown-up-supervised, please!



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