

Fine Motor Skills

Good fine motor skills are necessary for success with everyday tasks such as fastening buttons, zipping a coat, and finger feeding. These activities are designed to promote fine motor precision and coordination in your child yet are also play-based to keep your child motivated to participate!

- Stringing beads. You can use larger or smaller beads depending on your child's skill level. You can also string dried macaroni, Fruit Loops, or other items with holes. If your child has difficulty manipulating string, using pipe cleaners, straws, or plastic tubing makes this activity easier!
- Pegs/pegboards. Start with larger pegs and as your child's fine motor precision improves, use smaller pegs.
- Stacking and building with small blocks.
- Dropping coins into a piggy bank or cut a slot through an empty butter or other plastic tub container.
- Finding small objects "hidden" in silly putty or clay and pulling the objects out using thumb and index finger.
- Retrieving small items from the troughs of an empty ice cube tray or egg carton.
- Popping bubbles with a single finger.
- Tearing off small pieces of tissue paper which can then be crumpled and glued onto paper for an art project.
- Play the game pick-up sticks, Kerplunk, or Lite Brite
- Snap together toys such as legos, Duplos or other constructional games.
- Stacking rings. Start with rings with larger holes and progress to rings with small holes.
- Squeezing clothespins to clip on edge of container or fabric.
- Sewing cards/lacing games which can be purchased or home made with cardboard, a hole punch, and a shoelace.
- Sorting buttons or coins.
- Small knob puzzles which require thumb and index finger to work together to remove puzzle pieces.
- Using tongs to pick up small objects and drop into containers such as an egg carton or empty ice cube tray.