

Activity Sheets for Kids of All Abilities: Fine Motor

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 Stix, Kerplunk®, or Lite Brite®.
- Snap together toys such as Lego® Bricks, LEGO® 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.