

Activities for Fine Motor Skills

- Getting dressed, especially with snaps and zippers
- Pop bubble wrap
- Practice picking up items with tweezers or tongs
- String beads, cheerios, dried pasta, or toilet paper tubes
- Use a hole-punch and create a pattern of holes. Have your child string yarn, shoelaces, or ribbon through the holes.
- Fold paper
- Draw shapes
- Drop craft sticks or clothes pins into an empty milk bottle
- Squeeze glue while making a craft
- Play with play-dough
- Give your child a colander and dried pasta or pipe cleaners. Have them feed the pasta through the holes in the colander
- Sort seashells, blocks, rocks, etc...
- Finger painting
- Cut paper
- Do a craft together
- Practice scooping and pouring