

Strengthening Fine Motor Skills

Please practice one of these activities each day at home for 5 to 10 minutes.
Thank you!

- Squeeze soft balls.
- Open and close clothespins. Put clothespins on the edge of a can or box.
- Grasp a ball of clay with one hand and pinch and pull out part of the clay with the thumb and index finger of the other hand.
- Flip pennies.
- Use tongs to pick up balls, corks in water, or marbles.
- Play with pipe cleaners.
- Play marbles. Use the thumb to shoot the marble.
- Use various writing surfaces—chalkboard, dry-erase board, sand, sandpaper, cardboard, and construction paper.
- Guess the letter you or another adult traces on his back. Then have the child trace the letter on your back.
- Use finger paints or draw in shaving cream.
- Use tweezers to pick up small objects.
- Tear paper into small pieces to make confetti.
- Practice buttoning, snapping, zipping, and tying.
- String macaroni, buttons, cereal, beads, or cut straws.
- Sort pasta shapes and glue them into a picture.
- Use books with dot-to-dot pictures and mazes.
- Use an eye dropper to drop colored water on a paper towel or in an ice cube tray.
- Use rubber stamps.
- Spin tops.
- Open milk cartons.
- Spread cheese on crackers or butter on toast.
- Squeeze lemons to make lemonade.
- See how many objects—such as coins, checkers, or blocks—can be stacked before they fall.