

Fine Motor Activities

These are some activities to strength small hand muscles. Please keep these activities fun and integrate them into your daily routine.

- Pick up small objects such as coins, sequins, beans, marbles, seeds, buttons, nuts and bolts. Sort them into containers of varying sizes.
- Pick up objects (blocks, cotton balls, pom-poms, crumbled balls of paper, counters etc.) using various tongs, tweezers or clothes pegs
- Stack objects (coins, cards, blocks etc.)
- Screw and unscrew objects such as nuts and bolts, caps from jars etc.
- String beads onto a shoe lace
- Cut straight and curved lines/shapes drawn on paper, cloth etc. with scissors
- Pop bubble wrap
- Type on a computer keyboard
- Crumple paper into a small ball and then flick it with the finger (play “football” with the paper ball)
- Shuffle cards, deal cards one by one, turn over cards etc.
- Roll a pencil between thumb and finger without dropping it
- Stick small objects into playdough or silly putty for him/her to pull out
- Wind thread on a spool evenly
- Put rubber bands around various size containers and objects
- Move spoonfuls of small objects from one bowl to another
- Do up buttons, zips, hooks etc.
- Tie shoelaces
- Manually sharpen pencils
- Put keys in locks or padlocks and turn them
- Put paper clips onto paper
- Place clothes pegs or bulldog clips on the edge of a box or container or on a line
- Use wax sticks such as “bendaroos” to form shapes, letters, numbers and other designs
- Use sprayer bottles filled with water and sponges to have the child “clean” a desk or table, then squeeze the excess water out
- Lace various size beads. Using both hands develops bilateral integration
- Play with dough using words like poke, squeeze, pound, press and knead
- Use puzzles with pegs
- Wave using the “pincer” grasp (to fingers and a thumb)
- Use a hole punch to make holes in card or plastic
- Peel stickers