



Fine Motor Activities

What is "fine motor"?

Fine motor skills are the small, precise muscle movements that are foundational for many skills such as holding a pencil, using utensils, or turning the pages of a book. It is important that your child have many opportunities to practice fine motor activities, such as those listed below.

Fine Motor Activities:

1. Allow your child to sort old buttons or beads into muffin pans.
2. Encourage the use of crayons, paints, and play-doh. Use tools with play-doh, such as rolling pins, cookie cutters, scissors, and popsicle sticks.
3. Have your son/daughter thread beads onto a pipe cleaner or string.
4. Set up an activity where your child can "fish" for objects: float objects (colored ice cubes, beads, etc.) in water and "fish" with a strainer, tongs, slotted spoons, etc.
5. Allow your child to sort objects such as beads, cotton balls, and/or tissue with tongs and tweezers.
6. Make "confetti" with your child—cut paper randomly in small pieces.
7. Create "tear art" by ripping pieces of construction paper and gluing to make pictures.
8. Practice tracing with your child by using stencils, rulers, and containers.