

Fine Motor Skills

Fine motor skills means using our hands and fingers in a coordinated fashion to complete tasks. Below are some activities that work on fine motor skills:

- Tweezers/ strawberry hullers/ rookie sticks/ tongs
- Finger painting/ shaving cream play to practice drawing shapes and printing letters
- Fasteners: zippers, buttons, lacing, shoe lace tying
- Construction toys: Lego, Mr. Potato head, Squigz, magnetic building toys
- Peel & stick activities and crafts
- Pushing coins into money boxes
- Boardgames such as: Connect Four, Trouble, Checkers, Operation
- Sandbox play: scooping, filling buckets, building
- Puzzles and shape sorters
- PlayDoh- try pinching, squishing, rolling, flattening
- Pushing coins into money boxes is a fun exercise
- Lacing beads on string