

Activities to Improve Your Child's Fine Motor Skills

- Pick up and sort objects such as blocks, spools, coins, beans, cotton balls, marbles, pins, straws, nails, nuts, bolts, popcorn, etc. and place them into containers of various sizes (egg cartons, cups, mugs, jars, etc.).
- Pick up objects with different-sized tongs, tweezers or strawberry pickers, transferring them between containers.
- Stack objects (coins, blocks, cards, checkers, etc.)
- Screw and unscrew objects (nuts and bolts, caps on jars, etc.)
- String beads onto a shoelace.
- Fasten and unfasten safety pins.
- Run a threaded needle through cloth.
- Cut straight, curved and zigzag lines and shapes from cloth or paper.
- Play the piano (or any instrument).
- Crumple paper into a small ball and then flick it with the finger (play “soccer” with your fingers).
- Shuffle cards, deal cards one by one, turn cards over.
- Roll a pencil between thumb and fingers without dropping it.
- Knead dough.
- Stick small objects into play dough for your child to pull out.
- Move spoonfuls of objects from one bowl to another.
- Do up buttons, zippers and hooks.
- Tie shoelaces then untie them.
- Trace and copy letters.
- Cut fingernails and toenails with clippers.
- Do connect-the-dot puzzles.
- Solve mazes.
- Manually sharpen pencils.
- Manually open cans.
- Tie a box with string or ribbon.
- Put keys into locks to open doors.
- Put paper clips on paper.

- Use a stapler, and remove the staples from the paper with a staple remover.
- Place clothespins onto a box or other container.
- Dial a telephone.
- Set a watch or clock.
- Use Wikki Stix to form shapes, letters, numbers and other designs.
- Wind thread onto a spool evenly.