

Fine Motor Activities

Activities with either hand

Peg boards
Rubber bands on peg
Taping (scotch tape)
Pennies in banks
Buttons
Lite Brites
Tie and untie knots
Use pliers/wrenches
Use other manual tools
Cookies (cutter/rolling pin)
Paper dolls
Cats cradle
Play-doh activity kits
Legos
Stringing beads
Opening candy wrappers
Zippers
Peeling oranges and bananas
Hooking paperclips together
Turning screws with
screwdriver
Finger and thumb opposition
Spoonng rice from bowl to
bowl
Spaghetti and marshmallow
sculptures
Pick up cheerios
Hanging circular things on
mug trees (rubber bands,
milk rings, bracelets and
washers)
Squeezing toys that respond
with effects (dolls that cry,
toys that lights up, etc.)
Sorting colored beads with
fingers, spoon or tongs
Erector set
Lincoln Logs
Leather lacing
Woodfiber crafts
Pasting
Tinker toys
Opening zip lock bags
Stickers
Snaps
Manual typewriter

Opening and closing Jars
Hammer and nails
Erase with pencil erasers
Hole punching
Squeeze toothpaste
Remove staples
Velcro
Tweezers and rice
Clothespins
Food in wrappers
Lacing
Weaving frames
Eyedropper art
Rice/bean/corn/macaroni art
Indian beadwork
Making jewelry
Shoot rubber bands

Puzzles with knobs
Nuts and bolts
Squirt bottles
Punch out books
Modeling clay
Gluing (squeeze bottle)
Staple
Pop large bubble wrap
Small tongs and beans
Potholder loops
Eyedropper trace
Jacks
Leather working/ tooling
Pyro braiding
Pen caps off/on
Crazy Ball
Peeling hard-boiled eggs

Purchased games using fine motor

Mr. Potato Head	Pick-up Stix
Trouble	Operation
Cootie	

If handedness is developed (age 5 and up)

Paint
Thread needle
Carve soap
Pick up sticks
Necklace clasps
Shooting marbles
Sewing calendars
Tatting
Removing stitches
Scissors
Coloring
Knit
Squeeze sifter
Carve decorative veggies
Origami
Sew on sequins

Embroidery
Sewing samplers
Draw
Crochet
Carve wood
Shape tracing (stencils)
Tracing with stubs
Sew on embroidery beads
Cross stitch
Quilting

Please note: Some of the above activities need adult supervision. Not all activities are appropriate for all children. Parental discretion is advised.