

50 Fine motor skills...

Bilateral Coordination

1. Turning pages of a board book
2. Stringing 1/2 inch to 1 inch beads on a thick string
3. Throwing or catching soft balls
4. Hand clapping games
5. Building with Duplos® or Legos®
6. Squeezing bottles such as a ketchup bottle with both hands
7. Rolling dough (Bread, play dough) with a rolling pin
8. Pressing cookie cutters into dough
9. Drawing a picture with a simple stencil
10. Put rings on a pegs on a board

Scissor Skills

11. Using play dough scissors to make snips in the dough
12. Simulate cutting by transferring objects with bubble tongs
13. Cut straws into small pieces for a necklace
14. Cut out foam shapes
15. Complete simple 2-4 turn mazes (holding paper with opposite hand)
16. Complete simple connect the dots (holding paper with opposite hand)
17. Fold paper in half
18. Squeezing a spray bottle to water plants, clean windows etc
19. Squeezing a spray bottle to water plants or clean windows
20. Lacing cards

Pre-Writing Skills

21. Use tongs to pick up small objects (cotton balls, cereal pieces, rice, beans)
22. Coloring or scribbling with age appropriate grasp
23. Roll play dough pre-writing shapes (horizontal/vertical lines and circle shapes)
24. Squeeze plastic bottles or turkey baster and transfer water
25. Squeeze putty or play dough
26. Pinch clothes pins (laundry or game)
27. Draw shapes or lines in shaving cream or hair gel
28. Draw with an Etch-A-Sketch
29. Trace a simple pattern on paper
30. Use finger paint inside a plastic bag to practice lines and shapes

Fine Motor Control

31. Put together 3-4 piece puzzles
32. Build a block tower (up to 10 high, depending on age)
33. Place pegs into a peg board
34. Put coins into a piggy bank
35. Scoop objects with a small spoon or shovel

36. Push small objects into a container or cup
37. Screwing and unscrewing lids off of containers
38. Counting objects such as buttons, beads, cotton balls
39. Push food squeeze pouch caps into a baby wipes container
40. Pounding golf tees into foam with a hammer

Sensory Activities

41. Ball pit (use a plastic wading pool with ball pit balls)
42. Water play with buckets, cups, and other pouring items
43. Place strips of fabric in an empty baby wipes box
44. Cooked spaghetti play (use with tongs and other fine motor tools)
45. Corn meal sensory bin (use with pouring and transferring dishes)
46. Sound box (include rattles, drums, bells, and other musical instruments to grasp)
47. Make a discovery bottle out of a clean water bottle
48. Make homemade play dough with essential oils (1-2 drops only)
49. Make homemade finger paint with essential oils (1-2 drops only)
50. Texture sticks for counting or patterns