

## Fine Motor Activity list

1. Cutting on straight and curved lines, shapes or pictures
2. Picking up small objects with a tweezers or tongs
3. Using hand held hole punchers
4. Placing memo clips or clothespins on a rope or piece of cardboard
5. Wringing out washcloths or sponges
6. Spooning dry peas, beans, buttons, or toys from one container to another
7. Games like Lite Brite, Legos, Etch-a-Sketch, tinker toys, waffle blocks
8. Placing paperclips on a paper or making a paper clip chain
9. Picking up small objects one at a time with thumb and first finger and transferring them to palm of hand (using one hand to perform entire process)
10. Tearing paper especially good if child can tear on a line
11. Practice drawing lines, shapes, letters in shaving cream or fingerpaint
12. Tracing, dot to do games, or mazes
13. Stringing beads or lacing activities
14. Sidewalk chalk (directed on non-directed is good)
15. Puzzles
16. Card games, dealing cards and having to hold cards in their hands
17. Use an eye dropper to get liquid from one container to another (might be fun tub activity!)
18. Squirt toys are good for hand strengthening
19. Playing with small spinning tops
20. Assembling and disassembling nuts and bolts
21. Poking tissue paper through a small opening in a box
22. Mr. Potato head