

Fine Motor Skills

Fine motor skills generally refer to the small movements of the hands, wrists, fingers, feet, toes, lips, and tongue.

Activities to develop fine motor skills:

- put on and take off twist ties
- use one hand to crush paper into ball
- use tweezers/tongs to pick up small objects
- use squirt guns, spray bottles, basters, squeeze toys
- lacing activities
- pick up coins/small objects with tips of fingers
- screw tops (various sizes) on/off jars/bottles
- use clothespins to hang items/organize categories
- cutting tasks
- feel n' find games (items hidden in box of rice/beans/sand)
- use hole punchers
- play with lite bright
- screwing bolts onto nuts of various sizes
- use playdough to roll out "snakes, balls, and pancakes"
- use stamps
- trace inside stencils
- stringing beads