

List of Activities to enhance fine motor

Here is collection of fine motor skills activities children that are easy to set up and promote a range of skills.

- Homemade play dough
- Threading beads
- Cutting and sticking
- Tearing and scrunching papers
- Poking straw into holes
- Pasting necklace,
- Weaving around cardboard
- Putting coins in piggy bank
- Shoe lacing
- Coloring and scribbling
- Building 3 D models with blocks
- Sorting and pattern making with shells
- Pebbles sorting, pulses sorting, grains sorting etc.
- Stacking cups
- Sticker pasting
- Pick up small things and put it in basket
- Draw in color sand or you can use flour
- Clip clothespins
- Tie a knot
- Stretch rubber bands
- Squeeze and drop
- Tracing lines with fingers and crayons
- Cutting mazes or lines
- Getting dressed with belts, buttons, zippers and snaps

- Use eye droppers
- Activities with toothpicks as it need good pincer grip
- Nuts and bolts will definitely help child to enhance grip and motor skills
- Dot to dot with water colors
- Pinching sand
- Pouring water or any other thing from one thing to another
- Peeling of fruits
- Picking with chopping sticks

Prepared by: Lakshmi

Special educator and counsellor