

Activities to help promote fine motor skill development:

Arts and Crafts Activities Drawing, Writing, Painting, cutting

Use different sizes and various writing and drawing tools such as paintbrushes, broken crayons, pencils, pens, etc. and hole-punchers and scissors.

Pouring & Measuring Fun

Activities that involve pouring this can be helping cook or just a simple “sensory bin” (medium to large plastic container filled with rice, beans, sand, or water) provide variety of tools like spoons, cups and measuring cups.

Fingerplays & Songs

Gestures such as rain falling, or apple picking

Balloon Fun

Balloon tennis, catching small balloons, tossing balloons through a hula hoop

Fine motor boxes

To make a fine motor box cut slits into the top a plain shoebox (can be bought at a craft store), paint or color each slit and matching popsicle stick (child will match the color and place stick in slit). Old scrabble pieces can be used to match the letters and place tile in slit. *Think coin into a piggy bank activity but with some cognitive thinking involved.

Other activities

Catch the ball in the basket, crab walk

There are several more ways and activities, these are just a few but a good start and mentioned the most in research on fine motor development. ♡