

Fine motor skills are the small, precise movements of the hands and fingers that allow children to complete everyday tasks like holding a crayon, buttoning clothes, using utensils, and manipulating small objects.

Clothespin Pinch Game



What to do:

Have your child pinch clothespins on and off the edge of a bowl, plate, or basket.

What to do:

Peel stickers or pieces of tape and place them on lines, shapes, or letters.

Sticker Peel & Place



What to do:

Pick up small objects (beads, pompoms, etc.) and sort them into bowls, muffin tins, or cups.

Tongs Pick-Up



What to do:

Roll, squeeze, pinch, flatten, poke, hide items inside, or make "snakes."

Playdough Smash



Tear & Glue



What to do:

Tear paper into strips or small pieces and glue onto a picture.

How to practice at home

- Practice 5-10 minutes
- Keep it play-based and fun
- Encourage your child to use both hands
- Encourage your child to reach across their body instead of switching hands