



Fine motor skills activities


Fine motor skills are the coordination and the ability of small muscles, usually involving hand, fingers, wrist and eye synchronization. Many school tasks require Fine motor skills:


- holding a pencil or a crayon
- cutting with scissors
- flipping a page on a book
- getting dressed (buttoning or zipping)
- opening a lunch box (Ziploc bags, containers, juice box)

Here are some ideas to help build fine motor skills

1. Clothesline pins  on a box  (to develop grip and pinch)
 - a. You will need a small box and a few clothespins
 - b. Ask your child to squeeze open the clothespin and to clip it on the side of the box. You can add letters, numbers shapes or colors to the clothespins to play a matching game



2. Pasta jewelry  (to develop grip and hand-eye coordination)
 - a. You will need dry macaroni and string
 - b. Have your child thread (lace) the dry macaroni onto the string. You can use food coloring to add some color to the dry macaroni

3. Pompoms and an ice cube tray    (to develop pinching, grip and hand-eye coordination)
 - a. You will need a few pompoms, tweezers and an ice cube tray
 - b. Place the items on a table. Ask your child to pick up the pompoms and transfer them to the ice cube tray

