



Activity sheets for kids of all abilities

Play-based activities to promote **fine motor skills**

Good fine motor skills are necessary for success with everyday tasks such as fastening buttons, zipping a coat, and finger feeding. These activities are designed to promote fine motor precision and coordination in your child yet are also play-based to keep your child motivated to participate!

Strategies to develop fine motor skills

- **Stringing beads.** You can use larger or smaller beads depending on your child's skill level. You can also string dried macaroni, Fruit Loops®, or other items with holes. If your child has difficulty manipulating string, using pipe cleaners, straws, or plastic tubing makes this activity easier!
- **Pegs/pegboards.** Start with larger pegs and as your child's fine motor precision improves, use smaller pegs.
- **Stacking and building** with small blocks.
- **Dropping coins** into a piggy bank or cut a slot through an empty butter or other plastic tub container.
- **Finding small objects** "hidden" in Silly Putty® or clay and pulling the objects out using thumb and index finger.
- Retrieving small items from the troughs of an empty ice cube tray or egg carton.
- **Popping bubbles** with a single finger.
- **Tearing off** small pieces of tissue paper which can then be crumpled and glued onto paper for an art project.
- **Play the game** Pick-Up Stix, Kerplunk®, or Lite Brite®.
- **Snap** together toys such as Lego® Bricks, LEGO® DUPLOS® or other constructional games.
- **Stacking rings.** Start with rings with larger holes and progress to rings with small holes.
- Squeezing clothespins to clip on edge of container or fabric.
- **Sewing cards/lacing games** which can be purchased or home made with cardboard, a hole punch, and a shoelace.
- Sorting buttons or coins.
- **Small knob puzzles** which require thumb and index finger to work together to remove puzzle pieces.
- **Using tongs** to pick up small objects and drop into containers such as an egg carton or empty ice cube tray.



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ITEM #	PRODUCT
2103843	Abilitations® Sweet Treats Abili-Putty, X-Soft, Yellow
2095235	Abilitations® Bead Color Sorter
2027641	Abilitations® Ribbon Pull Cube, Large, 3-1/2 x 3-1/2 x 3-1/2 Inches

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