



# **FINE MOTOR ACTIVITIES**

FOR HOME AND SCHOOL



# 101 Fine Motor Ideas

1. Use a hole punch to punch a certain number of holes in a piece of paper.
2. Use a pipette to transfer water from one container to another.
3. Stack small wooden blocks into the tallest tower you can make.
4. Stretch and place loom bands on jumbo craft sticks.
5. Pick up craft pom poms with jumbo child tweezers.
6. Peel small stickers up and fill up a pre-drawn shape with them.
7. Practice opening and closing pink foam hair curlers.
8. Push pipe cleaners through the holes in a colander.
9. String pony beads on a crazy straw.
10. Squeeze a turkey baster and try to blow a cotton ball across the table.
11. Water plants with a squeeze water sprayer.
12. Braid yarn to make Rapunzel hair and then use scissors to cut the hair.
13. Peel a hard-boiled egg at snack time.
14. Make a paper chain.
15. Roll strips of paper on a pencil to make them curly.
16. Hide dry beans in a pile of playdoh then search for them.
17. Play with clay instead of playdoh.
18. Use nuts and bolts from the Hardware store in the building center.
19. Stack and build with small cups.
20. Button and unbutton clothes on a doll.
21. Use a geoboard to build shapes with rubber bands.
22. Use legos to make the letters of the alphabet.
23. Glue Velcro dots on the end of craft sticks. Build something with the sticks.
24. Sprinkle confetti onto a table. Use wide paintbrushes to sweep the confetti into a certain area.
25. Put magnetic letters inside Easter eggs. Open an egg, name the letter, and close the egg.
26. Write numerals on pieces of cardboard. Clip that many clothespins on the cardboard.
27. Turn over a sand timer and see how many paper clips you can clip to a sheet of paper before time is up.
28. Make a necklace using yarn and uncooked ziti noodles.
29. Stick a piece of uncooked spaghetti into a ball of playdoh so that it sticks up straight. Place pony beads on the spaghetti to make a pattern.
30. String large and small paper clips together to make a long chain.
31. Mix up a variety of padlocks and keys. See how quickly you can get each lock open by using the correct keys.
32. Set out an ice cube tray, child tweezers, and a bowl of pom poms. See how quickly you can pick up one pom pom at a time and place it in a section of the ice cube tray until the whole tray is full.
33. Stick toothpicks in a styrofoam ball to make a porcupine.
34. Have a Matchbox car wash with small toothbrushes, soap, and water.
35. Tear paper and make a mosaic picture out of it.
36. Soak some sponges and wring them out seeing how dry you can get them.
37. Roll tissue paper into balls and glue each ball down on a page.

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38. Squeeze a lemon or orange and see how much juice you can get from it.
39. Make a mini book by stapling several pages together.
40. Use a push pin to poke holes around the outline of a picture.
41. Pick up pennies one at a time and place them in a piggy bank.
42. Pop bubbles on bubble wrap.
43. Use cookie cutters to cut playdoh.
44. Use a toy hammer to hammer golf tees into a piece of Styrofoam.
45. Cut up straws and string them on yarn to make a necklace.
46. Make a Froot Loop necklace.
47. Trace around your hand with a pencil.
48. Tear pieces of masking tape and then stick them to a large sheet of paper.
49. Sort a pile of small objects into groups (paper clips, rubber bands, and marbles)
50. Use yarn to sew a lacing card.
51. Draw a monster on the window with a dry erase marker. Then, use a spray bottle to spray the monster with water and melt it.
52. Place lots of pennies face down on the table. Try to turn over one penny at a time by picking it up without sliding it to the edge of the table.
53. Cut pictures out a magazine.
54. Pick up pom poms with tweezers and drop them down a paper towel tube.
55. Wrap rubber bands around cut pool noodles.
56. Drop liquid watercolor paint onto coffee filters using eye droppers.
57. Peel masking tape off a table.
58. Tie knots in a piece of yarn.
59. String your name using lacing alphabet beads.
60. Clip Barbie clothes onto a small clothesline using clothespins.
61. Build pictures out of snap cubes.
62. Make a picture out of stickers.
63. Push toothpicks through the holes in a parmesan cheese shaker.
64. Weave a placemat by weaving long strips of paper together.
65. Use toothpicks and marshmallows to build shapes.
66. Paint a picture using q-tips as paintbrushes.
67. Use a spoon to scoop up pony beads and transfer them to a different container.
68. Thread pony beads on a pipe cleaner to make a pattern.
69. Wrap yarn around and around a piece of cardboard cut into a shape.
70. Scoop soil into a pot. Pick up a few seeds and plant them.
71. Put together a 20-25 piece puzzle.
72. Use decorative scissors to cut paper into fancy pieces.
73. Spread out contact paper sticky side up. Make a picture by sticking natural objects (leaves, twigs, acorns, etc.) to it.

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74. Make snakes and eggs by rolling playdoh into long snakes and egg-like balls.
75. Peel and tear colorful washi tape and use it to make a picture.
76. Use chop sticks to eat with.
77. Make the letters of your name out of Wikki stix.
78. Use Bingo dabbers to paint a picture.
79. Drive a toy car along a giant letter or number cutout.
80. Use a rolling pin to roll out dough.
81. Use decorative hole punchers to punch out pictures. Then glue the cut outs onto a piece of paper.
82. Build something with legos.
83. Peel star stickers up and then use them to make your own constellation on black paper.
84. Use a clothespin to pick up and transfer cotton balls from one bowl to another.
85. Practice opening and closing storage containers (plastic food bins, Ziploc bags, etc.)
86. Use a toothpick to draw a design in some playdoh.
87. Pick up a craft pom pom with a clothespin. Dip it in paint and dab paint on a piece of paper using the pom pom.
88. Cup your hands together to shake two dice. Roll them and add up the dots.
89. Make shadow puppets using your hands and a flashlight.
90. Use your index finger to pop bubbles.
91. Use only your thumb and index finger to pick up marbles and transfer them to a jar.
92. Go outside and use scissors to give the grass a haircut.
93. Stack pennies as high as you can to make a tower.
94. Put together a Mr. Potato Head toy.
95. Use a water gun to squirt liquid water colors on the sidewalk to paint a picture.
96. Try to trace the outline of a picture with liquid glue by squeezing the glue bottle and following the line.
97. Crumple paper and throw it like a snowball. Then unroll it and smooth it back out.
98. Use a computer keyboard to type the letters of the alphabet in order.
99. Blow up a balloon and then tie a knot in it.
100. Finger paint.
101. Use a marker to connect dots on a piece of paper.

**For more fine motor ideas, visit  
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# Looking for More Fine Motor Activities?

Click the image below to check out my Fine Motor Bundle for the year!

By: Ashley Reed

## FINE MOTOR CENTERS

the Year-Long Bundle

The image displays a collection of 12 monthly fine motor activity cards, arranged in a 3x4 grid. Each card is titled 'FINE MOTOR FUN' and features a large, colorful month name. The activities are diverse and include:

- August:** Activities involving cutting, coloring, and tracing, with a focus on summer themes like beach balls and sunglasses.
- September:** Activities involving cutting, coloring, and tracing, with a focus on autumn themes like pumpkins and leaves.
- October:** Activities involving cutting, coloring, and tracing, with a focus on Halloween themes like pumpkins and ghosts.
- November:** Activities involving cutting, coloring, and tracing, with a focus on Thanksgiving themes like sunflowers and turkeys.
- December:** Activities involving cutting, coloring, and tracing, with a focus on winter themes like snowflakes and gingerbread men.
- January:** Activities involving cutting, coloring, and tracing, with a focus on winter themes like penguins and snowflakes.
- February:** Activities involving cutting, coloring, and tracing, with a focus on winter themes like snowflakes and hearts.
- March:** Activities involving cutting, coloring, and tracing, with a focus on spring themes like rainbows and flowers.
- April:** Activities involving cutting, coloring, and tracing, with a focus on spring themes like Easter eggs and bunnies.
- May:** Activities involving cutting, coloring, and tracing, with a focus on spring themes like bees and flowers.

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