

## Fine Motor Skills Activities

1. Activity
2. Any games with Tongs
3. Apply nail polish
4. Attach clothespins to string to hang pictures
5. Battleship
6. Bolts and nuts
7. Braid hair or yarn
8. Brush teeth
9. Buttons
10. Cat's cradle
11. Clothespin activities:
12. Clothespins
13. Connect
14. Count how many items are in the hands without looking
15. Cut with scissors
16. Cutting a fringe on the edge of construction paper
17. Dice games
18. Dot-to-dot puzzles
19. Drum fingers to the beat of a song
20. Etch a sketch
21. Finger puppets
22. Flashlight shadow hand shapes
23. Flick small wads of paper with tips of fingers
24. Flip a coin into the air
25. Folding paper
26. Getting coins out of a purse
27. Hi ho cherry-o
28. Holding a pen and pushing the cap off with the same hand
29. Jenga
30. Jigsaw puzzles
31. Journal writing
32. K'nex
33. Kerplunk
34. Knit or crochet
35. Lacing shoes
36. Legos
37. Light Bright
38. Lincoln Logs
39. Macramé
40. Magic Tricks
41. Magna Doodle
42. Make a rubber band ball
43. Marbles
44. Mazes
45. Moving a nickel from the palm to the fingertips
46. Mr Mouth
47. Needlepoint activities
48. Open a combination lock
49. Open and close jar lids
50. Open/close safety pins
51. Operation
52. Origami
53. Peg games (light bright, etc)
54. Perform a "fingerplay" using finger puppets
55. Pick up M&Ms/coins/chips off the table top with pincer
56. grasp.
57. Pick Up Stick
58. Picking-up small objects (paper clips)
59. Pick-up multiple coins using the thumb and index fingers and
60. hold them in the palm
61. Pipe cleaners
62. Place a rubber band around the palm and use the fingers to
63. remove the rubber band
64. Plastic canvas activities
65. Plastic models (airplanes, ships, cars)
66. Play checkers
67. Play piano
68. Play the guitar
69. Pop packing bubbles
70. Pulling out pennies, beans, etc
71. Put tacks or push pins to outline a picture on a cork board

72. Puzzles
73. Roll flat pieces of clay into small balls using index, middle,
74. and thumb only
75. Rotate Chinese Balls in hand
76. Rotating a pencil using three fingers
77. Separate playing cards
78. Sew by hand
79. Shaking dice
80. Shoot marbles
81. Shuffle cards and deal one at a time, rotate the cards
82. Snap
83. Spin a coin on the desktop
84. Spin jacks or play jacks
85. Spinning tops
86. Stickers
87. String art
88. String beads
89. String beads
90. Tearing paper into small pieces
91. Thread macaroni onto a string
92. Threading cards
93. Tie shoes
94. Tracing
95. Turn a key in a lock
96. Turning pages in a book
97. Type
98. Use a water dropper to put drops on paper of the sidewalk to make a design
99. Use paint brushes and water to paint pictures on the
100. sidewalk
101. Use the iPad or similar devices with a stylus
102. Use tweezers to pick up small items like beads
103. Using egg carton/ice cube tray to sort small items such as
104. beans, pebbles, pompoms, cotton balls,
105. Using toothpicks to make designs in Playdough
106. Wind yarn into a ball
107. Write a note
108. Write on a vertical surface (blackboard, grease board, easel,
109. door, wall)
110. Zip and unzip
111. Ants in pants
112. Bed Bugs
113. Don't spill the beans
114. Nail small nails
115. Spiro graph
116. Pop packing bubbles
117. Wring-out wet sponges