

# Fine Motor Activities

Fine motor skills involve the use of the smaller muscles that control the hands, fingers, and thumb. They help children perform important tasks like feeding themselves, using pencils, drawing, scissors, construction with lego or duplo, doing up buttons and zipping clothes. Having a child participate in fine motor activities will help to increase fine motor skills.



HOW TO:

**Fill a whisk with various size pom poms and have child focus on using index finger and thumb (pincer grasp) to pull pom poms out and place into container. If you are concerned about child placing items in their mouth fill it with other various larger household items such as sponges, straws, ribbons, etc.**



