

Fine Motor Activities

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



Using an empty egg carton, make slits large enough for pop sickle sticks to fit. To increase skill of this activity you can also color tops of egg carton and pop sickle sticks and have child place in matching slot.



Using an empty clean large container with removable lid (oatmeal, coffee, etc.), cut slit in top of lid and have child place any kind of playing cards into container.