

FINE MOTOR FUN AT HOME!

The following list includes fun ideas for strengthening hands and improving fine motor skills in children. Daily practice and encouragement is required to make positive changes in strength and coordination. The outcome will increase confidence and skills in school activities.

Wind-Up Wonders 🌀

Purchase wind up toys from local convenience store toy bins. Teach your child to hold and wind it all the way and watch it go!

Play Dough Creations 🍪

Roll, shape, cut, and create. Form numbers or letters to do math facts or spelling/sight words.

Tennis Ball Challenge 🎾

Slice a tennis ball to create a 2-inch-long slit, then teach your child to squeeze the sides to open it like a mouth and practice fine motor skills by feeding small items into it. Adjust the slit size as needed for ease.

Tweezer Time 🍴

Provide your child tweezers or tongs to pick up items and place in another container. You can fill a tub with rice or beans and add small toys that they can find. Pom-poms work great for this activity as well.

Clothesline Art 📌

Put a string across an area in the home and have your child hang pictures or other small items on the clothesline. Clothespins are available with a variety of spring resistance to match the needs of your child.

Cardstock Cutting ✂️

Print pictures or draw shapes on cardstock. Have your child cut them out. The thick paper provides resistance and builds strength and coordination.

Button Stringing 🧵

Have your child string buttons on pipe cleaners. Make patterns and have them copy or count as they string the buttons.

Shape Punching 🕯️

Draw a simple shape on construction paper. Place it on a carpeted surface and have your child use a toothpick to punch holes all along the line. They can hold it up to the light when they are done to see the shape.

Hole Punch Art 🗑️

Make a shape or letter/number on paper and have your child use a hole punch to make holes along the shape.

Marshmallow Architecture 🏠

Use toothpicks and marshmallows to create shapes and houses or other building structures.

LEGO Engineering 🧱

Encourage building and taking apart things with LEGOs.

Developed by:
Kim Pyper, OTR/L
School Occupational Therapist



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