

101 Fun and Simple Fine Motor Activities by Age

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0-24 months

<ul style="list-style-type: none">• Play with crinkle books or toys• Play with a variety of balls- learn how to hold them, roll them, throw them *Bonus if they are textured*• O- ball toys- balls, rattles, cars, etc.• Pull scarves or scrap fabric out of small opening such as an empty wipes container or O- ball• Play/wave scarves, ribbons, or streamers• Finger feed (9+ mo.) /retrieve snacks out of an ice cube tray• Squish peas or blueberries using their index finger on their tray or between their thumb and index finger• Attempt to eat with utensils• Turn pages of board books• Point to pictures in books• Shake/turn/roll a rain stick	<ul style="list-style-type: none">• Crumple newspaper/weekly ads• Crunch/crumple dry leaves• Pick flowers/pluck petals• Pop bubbles by clapping with two hands or poking with one finger• Build towers using nesting cups/blocks or 1- 2" blocks• Use magnet letters on the fridge/ vertical surface• Use cups and funnels in the bathtub• Play with foam letters/shapes/ numbers on the wall of the bathtub• Pull apart cotton balls• Place dull toothpicks through holes of empty spice jars• Pull apart toys- Duplos, PopToobs, large pop beads, etc.• Shape matching toys- cupcakes, oreo, eggs, sorting bucket, etc.• Chunky form puzzles → peg puzzles
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2- 4 years old

<ul style="list-style-type: none">• Water plants/flowers with a squirt bottle or watering can• Bop a balloon overhead with hands• Animal walks- crab, bear, seal• Wheelbarrow walking• Hang from the monkey bars• Squeeze/roll/flatten/cut playdoh• Scoop sand /mud/water/snow into buckets and carry to a larger container to pour it out• Finger painting• Manipulate a variety of locks using keys, slides, latches, combo locks, hook and eye, etc.• Finger puppets• String beads, buttons, pasta, cereal• Lacing cards• Twist nuts and bolts toys• Hammer golf tees into Styrofoam• Squeeze/pinch/pop bubble wrap	<ul style="list-style-type: none">• Floor puzzles• Color on paper taped to a wall/easel• Use short/broken/molded crayons when coloring• Tear paper of various thickness (a roll of carnival tickets works well!)• Cut paper of various thickness• Marble painting- drop marbles into a cup of paint, use a spoon to scoop them out onto a piece of paper in a copy box top/tray, use two hands to manipulate the tray back and forth without the marbles falling out• Peel and place stickers (Do- A- Dot pages are great to encourage motor accuracy within dots)• Dress/undress independently including attempts with fasteners- buttons, zippers, Velcro, snaps, etc.• Cut Velcro fruits & veggies
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5- 6 years old

<ul style="list-style-type: none"> • Open their own snack packages • Pour their own milk/juice • Put coins in their piggy bank • Hang flash cards on a taut rope or wire hanger using clothespins • Draw with sidewalk chalk • Squeeze the trigger of a hose to spray off chalk • Draw letters/shapes/numbers in foam, paint, pudding, ketchup, etc. • Glue beans/beads/long piece of yarn to intended line or shape • Find small beads in putty 	<ul style="list-style-type: none"> • Play games with dice • Play games with dial spinners • Play games with tweezers- Operation, Feed the Monkey, Wok n Roll, Scatterpillar Scramble, etc. • Lite Brite/pegboards • Geoboards • Peel the paper off crayons • Use rubbing plates with broken crayons • Use only their index finger (with the other fingers tucked in palm) when operating electronic devices
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7- 8 years old

<ul style="list-style-type: none"> • Manually sharpen pencils • Help wash the car- squeeze out the sponge, scrub up/down on a vertical surface • Stir cookie/brownie batter • Scoop their own ice cream • Tie/untie knots • Wrap gifts- cut the paper, fold it over, manipulate the tape dispenser • Shuffle/deal cards • Play card games where one hand holds the cards and the other draws- Go Fish, Blink! , Uno, Crazy 8's, Old Maid, Slap Jack, etc. 	<ul style="list-style-type: none"> • Construct/deconstruct with Legos • Fold origami/paper planes • Rainbow looms • Spin a top • Trace pictures • Use ink pad and stamps • Draw with stencils • Jenga • Mancala • Travel- size games- Connect 4, Checkers, Sorry, Chutes & Ladders, Qwirkle, Scrabble, etc. • Hand clap games with a friend • Play tug of war
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9+ years old

<ul style="list-style-type: none"> • Carry in groceries from the car • Transfer wet laundry into the dryer • Play a musical instrument where fingers are expected to move in isolation- piano, flute, violin, etc. • Keyboarding games/lessons • Make rubber band balls • Assemble/disassemble mini erasers • Pin art 	<ul style="list-style-type: none"> • Tricky Fingers • Meridian/Baoding balls • Labyrinth mazes • Jigsaw puzzles • Tangrams • Perler/fuse bead designs • Friendship bracelets • Cross- stitch • Solitaire peg games
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*Parental discretion and supervision is always advised when participating in activities recommended by WooTherapy.

