

Fine Motor Activities

1. Buttoning - Make sure child is able to button his/her own clothing.
2. Have child fold a pre-folded piece of paper.
3. Fold papers in halves and fourths
4. Draw a straight line down a piece of paper and have the child fold a crease.
5. Draw a straight line on a paper and have child fold the opposite edge to the drawn line.
6. Fold paper diagonally, alternate directions, and like a fan.
7. Paper weaving: using construction paper, fold in half an 8 1/2" x 11" piece. Cut folded sheet into 1" strips:
Cut 1" strips from another color paper. Interweave strips of paper.
8. Cutting – Activities should be presented in the following sequence:
 - a. Cut clay or dough into small pieces with scissors; resistive material increases strength.
 - b. Cut across heavy weight paper such as index cards or construction paper.
 - c. Cut straight lines – first, use a piece of cardboard as a guide; then use extra thick drawn lines.
 - d. Cut along straight lines with turns – squares, triangles, hexagons, etc. Outline magazine pictures, using a magic marker, with one of the above shapes, and have the child cut out.
 - e. Cut curved lines: arcs, circles, start large and gradually decrease size
 - f. Cut out more complex designs or pictures.
9. Stringing
 - a. Beads, buttons, macaroni, straws, etc.
 - b. Make patterns for the child to follow: have him/her repeat your pattern.
10. Pasting (Glue Sticks and Glue Bottles)
 - a. Cut various shapes out of magazines; trace around those shapes on paper; have the child paste the shape on the outline.
 - b. Sticker-Fun books
11. Sorting – sort items by size, color, shape; use such things as buttons, silverware, nuts, and bolts, construction paper shapes, etc.
12. Sewing cards and yarn pictures – with a hole punch, make a simple design on a card or piece of poster board. Use yarn and have child go in and out of holes with yarn. Put glue or tape on end of yarn for needle.
13. Tinker toys, Lego building blocks, Lincoln logs, and other manipulative toys and blocks..
14. Pencil Skills – Precursor Activities (The child should have a 3-finger grasp and be able to color fairly well.)
 - a. Begin with drawing, using Venus colored pencils that are visually

- more appealing.
 - b. Scribble and color.
 - c. Place paper on textured mat to provide kinesthetic feedback.
 - d. Paint at an easel with a brush.
 - e. Paint in “paint with water” book
 - f. Draw lines, circles, and crosses
 - g. Use templates (can be made as in Coloring Skills b. 3).
 - h. Draw in sand or clay for kinesthetic feedback.
 - i. Drawing a line connecting 2 dots.
 - j. Use markers.
 - k. When a child can do a-j, have him try to reproduce shapes and letters.
 - l. Trace shapes or letters – may need hand over hand assistance.
15. Paper and Pencil Tasks
- a. Dot-to-dot activities; numbers and letter alphabetical sequences; commercially prepared or draw dots on large paper and have child follow in specified order.
 - b. Following mazes and paths.
 - c. Tracing – use simple coloring book pictures, have child trace the pictures then color them.