



FINE MOTOR SKILLS ACTIVITY PACKET

For Parents, Teachers, and Therapists

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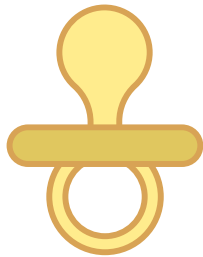
All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

Typical Developmental Sequence of FINE MOTOR SKILLS

for ages 0-6

0-3 Months Old

- Hands are in a fisted position
- Arm movements are random and not controlled
- Will watch the movement of their hands and brings hands to their mouth
- Will swing at targets (toys, person) using their whole arm
- Will follow a person's movements with their eyes
- Will begin to hold objects in their hands

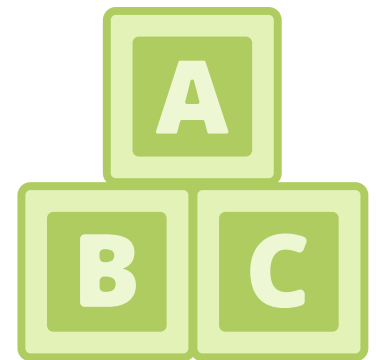


3-6 Months Old

- Reaches for toys using both arms
- Begins to transfer objects from one hand to another
- Will hold their hands together
- Begins to notice objects a few feet away from them

6-9 Months Old

- Begins to grasp & hold onto objects
- Uses a raking grasp to move objects with fingers
- Looking for one object while holding another
- Pokes at objects using their index finger
- Take objects to their mouth
- Explore textures and sensory input with their mouths
- Begin to hold their bottle
- Squeezes objects with their fist
- Play with their own hands

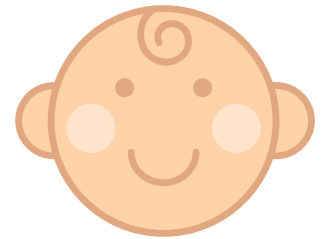


Typical Developmental Sequence of FINE MOTOR SKILLS

for ages 0-6

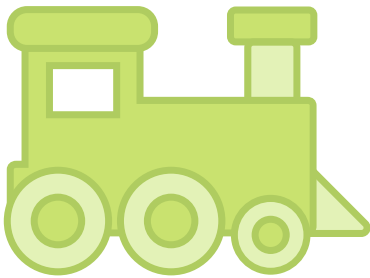
9-12 Months Old

- Begins to feed themselves finger foods
- Will turn pages in a book a few pages at a time
- Begins to put small objects in a cup or container
- Pincer grasp develops (using index finger and thumb to grasp objects)
- Transfers objects between hands (beginning of crossing midline skills)
- Grabs crayons with a fistful grasp
- Can hold two small objects in one hand
- Begins to show a preference for one hand over the other (beginning development of right handed vs. left handed)



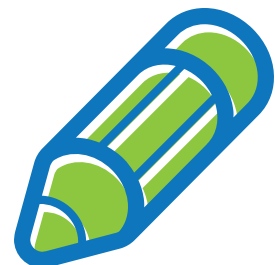
12-18 Months Old

- Can build a tower of 2 blocks high
- Claps hands together (beginning of bilateral coordination)
- Waves goodbye
- Can scoop objects with a spoon or small shovel
- Bangs objects together using both hands (beginning of bilateral coordination)
- Puts small objects into a container
- Scribbles with crayons on paper



18-24 Months Old

- Putting rings on pegs
- Begins holding a crayon with finger tips and thumb
- Removing pegs from a pegboard
- Marks or scribbles with a crayon or pencil
- Can build a tower 3-4 blocks high
- Can open loosely wrapped packages or containers
- Begins to start cutting paper with scissors (closer to 2 years old)
- Can turn pages in a book one page at a time

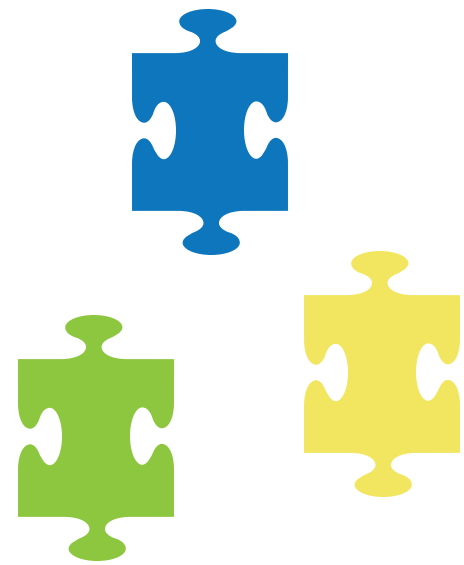


Typical Developmental Sequence of FINE MOTOR SKILLS

for ages 0-6

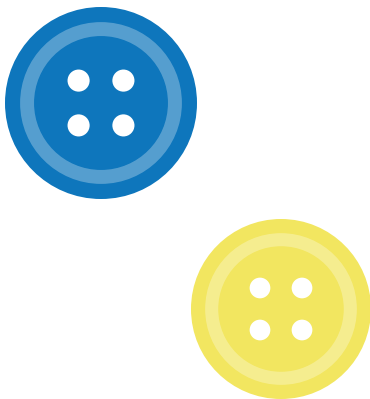
2 Years old

- Manipulates clay or play dough
- Can stack a block tower 9 blocks high
- Can turn doorknobs
- Can pick up small objects with pincer grasp (index finger and thumb)
- Can complete 3 piece puzzles
- Scribbles
- Make snips on paper with scissors
- Will wash hands independently
- Can screw lids on containers on and off
- Can string large beads
- Zips and unzips large zippers
- Can use a spoon correctly



3 Years Old

- Can draw a circle after being shown model
- Cuts a piece of paper in half
- Copies prewriting lines of vertical, horizontal, and circle shapes
- Laces a card
- Can cut a long a wide line with 1/2" accuracy
- Will string 1/2 inch beads
- Sorts objects
- Will fasten and unfasten large buttons

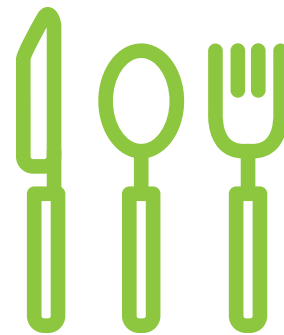


Typical Developmental Sequence of FINE MOTOR SKILLS

for ages 0-6

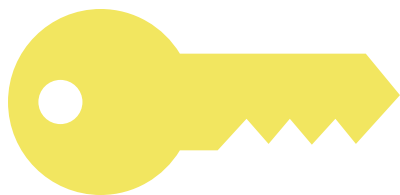
4 Years old

- Can copy cross shapes, right and left oblique lines "/" "\", square and X shapes
- Can touch the tip of each finger to their thumb
- Can color within a picture with no more than 1/4" deviations from the coloring lines
- Can cut big circles with scissors
- Can move the paper while cutting along a line
- Completes puzzles of 4-5 pieces
- Can use a fork correctly
- Can get dressed and undressed without help
- Uses dominant hand



5 Years Old

- Grasps a pencil correctly
- Begins to print their name
- Copies a triangle shape
- Cuts out a circle
- Opens a lock with a key
- Draw a diamond shape when given a model
- Draws a person with at least 6 different body parts
- Can lace their shoes



6 Years Old

- Can copy first name
- Builds a small structure with blocks
- Can put a 16-20 piece puzzle together
- Uses a knife to cut food
- Cuts well with scissors, no deviations from the cutting line
- Prints 3 or more simple words
- Can print all numbers 0-9
- Can print all letters of the alphabet, upper case and lower case



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BODY AWARENESS ACTIVITIES

1. Play with a large ball, encourage the child to kick the ball using one foot and then the other. Practice throwing and catching the ball.
2. Encourage the child to ride a bike, push the bike or pedal the bike with or without side-wheels according to the child's ability.
3. Play "Simon Says". Say those words and then do an action that the child must copy.
4. To teach a child spatial relations, ask them to stand in front of a chair, behind a chair, next to the chair, on top of the chair or crouch under the chair.
5. Have the child be your shadow and mimic all your actions as you walk and perform simple actions (i.e. marching in place, cross crawls, bringing elbows to the knee, raising arms above the head etc).
6. Learn action songs and perform the actions as you sing them. Ask the child to imitate the movement of different animals: slither like a snake, waddle like a duck, hop like a rabbit etc.
7. Encourage them to balance on one leg, and then the other for as long as possible. Time them to see if they can beat their own best record.

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BILATERAL COORDINATION ACTIVITIES

1. Stencils - make sure they hold the stencil with one hand while tracing with the other hand.
2. Hand clapping activities.
3. Lacing activities - lacing cards or lace up stockings (two pieces of construction paper with holes punched around the edges).
4. Liter tube - cut off the bottom of 2, two liter bottles. Stuff the bottles with crumpled colored paper. Use clear packing tape to connect wide ends of the bottle together. Have the child hold the "handles" with both hands. Toss crumpled paper or a soft ball for the child to hit with the liter tube.
5. Games like Bop It, Mr. Potato Head (make sure the child stabilizes the head with one hand while placing body parts with the other hand), Rubik's cube, Etch-A-Sketch, rhythm sticks, and Legos® are all fantastic for practicing bilateral skills.
6. Play Four Square - make sure the child uses both hands to bounce the ball.
7. Ball and balloon games - have the child use both hands to pass the ball or balloon overhead, between legs, roll at a target etc.
8. Scissor activities. Use one hand to hold and turn the paper, the other to cut.
9. Pounding or hammer activities. Use one hand to stabilize, the other to pound.
10. Encourage use of the dominate hand/arm for pounding.
11. Roll dough with a rolling pin.
12. Squeeze objects (i.e. glue bottles) with both hands.
13. Use both arms to twirl streamers or scarves.
14. Build with building blocks.
15. Trace patterns on paper.
16. Spread icing on cookies, cakes etc.
17. Tear lettuce for a salad, tissue paper for crafts etc.

for kids of all ages

1. Playing with rhythm scarves
2. Playing with blocks (stacking)
3. Dancing to music
4. Using a washcloth to bathe
5. Dusting or sweeping the house
6. Playing patty-cake
7. Playing with cars on a large path
8. Playing flashlight tag
9. Washing the car
10. Painting with a large paint roll
11. Cross crawls (touching hand to opposite foot or knee)
12. Wipe off the table with a towel or washcloth using one hand
13. Stepping with out to throw a water balloon
14. Draw a large, horizontal figure 8 on a chalk board or sidewalk
15. Squirt/water gun target practice
16. Water flowers with a garden hose using both hands
17. Ball pass relay races
18. Bean bag toss while sitting criss cross applesauce
19. Playing tennis
20. Playing a game of simon says



FINE MOTOR TOOLKIT

for parents, teachers, and therapists

Items to Include

Play Dough (homemade or store bought)

Nuts and bolts

Clothes pins and ring game

Fine Motor tweezers

Fine motor tongs

Bubble tongs

Stickers

Wikki Stix

Squeeze ball

Peg game

Pom-poms

Cotton balls

Water dropper and/or turkey baster

Glue sticks

Glitter glue bottle

Colored craft stick with velcro dots on each end

Kwik Stix paint

Beads and string for threading beads

Kinetic Sand

Cookie cutters

Wooden blocks to make designs

Optional Items

TheraPutty

Gripmaster Hand Exerciser

I Can Pound Kit from Fundanoodle (can be purchased at:
myfundanoodle.com/growinghandsonkids)



FINE MOTOR TOOLS

ITEMS TO HAVE ON HAND FOR ACTIVITIES

- Handy scoopers
- Gator grabber tweezers (or bubble tongs)
- Twisty droppers
- Squeeze tweezers
- Various wooden spoons
- Scooping bowls
- Fine motor tongs
- Hole punch
- Play dough (homemade or store bought)
- Nuts and bolts
- Clothes pins
- Squeeze bottles (such as old Ketchup or mustard bottles)
- Stickers
- Wikki Stix
- Squeeze ball
- Peg board and pegs
- Pom-poms
- Cotton balls
- Water dropper and/or turkey baster
- Glue sticks
- Glitter glue bottle
- Colored craft stick
- Velcro dots
- Glue dots
- Kwik Stix paint
- Beads and string for threading beads
- Kinetic sand
- Cookie cutters
- Wooden blocks to make designs
- Craft pipe cleaners
- Colander
- Child size cooking utensils
- Magnets
- Beads
- Buttons (various sizes)
- Toothpicks
- Circle cereal
- String for lacing or stringing activities
- Puzzles
- TheraPutty



SHOULDER AND POSTURAL STABILITY ACTIVITIES

- Activities that promote weight bearing through the arms and shoulders.
- Weight bearing through the arms and shoulders.
- Swinging between monkey bars or trapezes.
- Wheelbarrow walking.
- Crab-walking.
- Bear walking.
- Doing the inchworm (walk hands forward, then the hands stay still and the feet walk up to the hands and repeat).
- Push-ups.
- Shooting baskets with a basketball.
- Jumping rope.
- Egg relay races.
- Playing with a yo-yo.
- Making large circles or figure 8 shapes on a blackboard or white board.
- Any activities on a vertical surface.
- Donkey kicks - in the push-up position, keep both ankles together while jumping feet from right to left and back again.
- Pouring activities with water or a watering can.
- Push or pull a wagon.
- Make wood projects requiring sanding and hammering.



HAND AND FINGER STRENGTH ACTIVITIES

- Use tweezers or chopsticks for picking up small objects.
- Pick up pom-poms with clothespins and transferring to a container.
- Use squirt bottles for a rubber duck race.
- Use a turkey baster to transfer water.
- Use a hand held hole punch for arts and crafts.
- Create with modeling clay or playdough.
- Tear paper while keeping the ring and pinky finger tucked into the palms.
- Stringing beads.
- Roll tissue paper into balls and use for collages or crafts.
- Roll a dice for a game.
- Shuffling cards.
- Using scissors.
- Lacing or threading activities - macaroni, straws, blocks, beads.
- Complete mazes.
- Dot-to-dots tracing over straight and curvy lines.
- Writing letters or numbers in shaving cream, finger paint, pudding, or sand.



VISUAL MOTOR SKILL ACTIVITIES

- Copy patterns or pictures using shapes, pegs or crayons.
- Put together models.
- Dot-to-dot pages.
- Complete mazes.
- Hidden picture search and find pages.
- Word searches.
- Put together puzzles.
- Lacing activities.
- Ring toss games.
- Practice cutting with scissors.
- Transfer objects with bubble tongs.
- Cut straws into small pieces and string to make a necklace.
- Cut playdough or putty.
- Cut out foam shapes.
- Cut pictures out of cereal boxes.



HAND AND FINGER STRENGTH ACTIVITIES

GRIP STRENGTH

- Squeeze putty, a flour sifter, or plastic squeeze bottles.
- Squeeze a turkey baster for activities with water or other liquids.
- Squeeze juice from lemons, limes, or oranges.
- Squeeze a spray bottle (to water plants, clean windows, spray designs in the snow).
- Stir batter in a bowl.
- Staple papers together with a small stapler.
- Use a hole punch to make dots or creative shapes.

PINCH STRENGTH

- Peel stickers off of surfaces.
- Peel fruit (i.e. lemons, oranges etc.).
- Lock and unlock a keyed lock.
- Deal cards for a card game.
- Use tongs to pick up small objects (cotton balls, smaller erasers, pom-poms etc.).
- Spin tops.
- Play with wind-up toys.
- Tear paper (construction paper or tissue paper) for art projects.
- Build with small blocks.
- Roll small amounts of putty or playdough into balls between the fingers.
- Lace cards.
- Pick up small objects (i.e. beans, rice, cereal, corn kernels) with fingers and place in containers.
- Place coins into a bank with a small slit.
- Pop bubbles on bubble wrap.
- Use small rubber stamps to create a picture.
- String beads to make a necklace.
- Pinch clothespins (for laundry or games).



HAND AND FINGER STRENGTH ACTIVITIES

FINGER DEXTERITY

- Press cookie cutters into dough or putty.
- Play with finger puppets.
- Screw and unscrew small lids or nuts and bolts.
- Fold paper (i.e. origami, airplanes etc.).
- Hold a handful of marbles, transferring one at a time into a container.
- Draw shapes and write words in a variety of mediums (i.e. shaving cream, sand, finger paint, hair gel in a baggie, etc.).
- Draw designs on an Etch-a-Sketch board.
- Play board games with small pieces to manipulate (i.e. Connect 4, Trouble, Chinese Checkers, Chess etc.).
- Use fingers to sprinkle toppings on food (i.e. sprinkles, shredded cheese etc.).

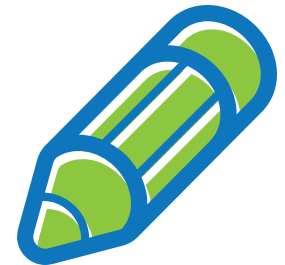


PRE-WRITING ACTIVITIES

- Use a paintbrush in sand
- Use a finger in shaving cream
- Use stickers to place along the pre-writing lines
- Use wooden sticks or craft sticks to place on top of pre-writing lines
- Use fine motor tweezers to place cotton balls along pre-writing lines
- Cover the pre-writing line page with cornmeal and trace with a finger
- Use bath crayons on the bathtub or during a shower
- Use play dough to form pre-writing lines
- Squeeze glitter glue along pre-writing lines
- Use pip-cleaners to place along or form pre-writing lines.
- Use mini marshmallows and tooth picks to form letters or pre-writing lines
- Writing icing ice cubes on a chalk board
- Make cookie letters or pre-writing lines using a rolling pin.
- Trace letters or lines onto your child's back with your finger and have them guess which letter you wrote
- Make letters and lines with pipe cleaners or wikki stix.
- Form letters or lines with french fries
- Use a flashlight to make letters or lines/shapes on the wall
- Draw letters or lines/shapes on the carpet with your fingers
- Draw letters or lines/shapes outside with sidewalk chalk
- Make letters or lines/shapes with glue and cotton balls (draw the letter or line in glue on a piece of construction paper, then place the cotton balls on top to form each letter)
- Have your child lay on the floor and imitate letters or shapes with their bodies (example: curling into a circle for the letter "O", making their body look like a "S" and so on)

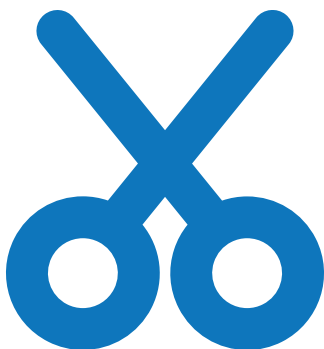
Bilateral Coordination Skills

1. Turning pages of a board book
2. Stringing 1/2 inch to 1 inch beads on a thick string
3. Throwing or catching soft balls
4. Hand clapping games
5. Building with Duplos® or Legos®
6. Squeezing bottles such as a ketchup bottle with both hands
7. Rolling dough (Bread, play dough) with a rolling pin
8. Pressing cookie cutters into dough
9. Drawing a picture with a simple stencil
10. Put rings on a pegs on a board



Scissor Skills

11. Using play dough scissors to make snips in the dough
12. Simulate cutting by transferring objects with bubble tongs
13. Cut straws into small pieces for a necklace
14. Cut out foam shapes
15. Complete simple 2-4 turn mazes (holding paper with opposite hand)
16. Complete simple connect the dots (holding paper with opposite hand)
17. Fold paper in half
18. Squeezing a spray bottle to water plants, clean windows etc
19. Squeezing a spray bottle to water plants or clean windows
20. Lacing cards



Pre-Writing Skills

21. Use tongs to pick up small objects (cotton balls, cereal pieces, rice, beans)
22. Coloring or scribbling with age appropriate grasp
23. Roll play dough pre-writing shapes (horizontal/vertical lines and circle shapes)
24. Squeeze plastic bottles or turkey baster and transfer water
25. Squeeze putty or play dough
26. Pinch clothes pins (laundry or game)
27. Draw shapes or lines in shaving cream or hair gel
28. Draw with an Etch-A-Sketch
29. Trace a simply pattern on paper
30. Use finger paint inside a plastic bag to practice lines and shapes



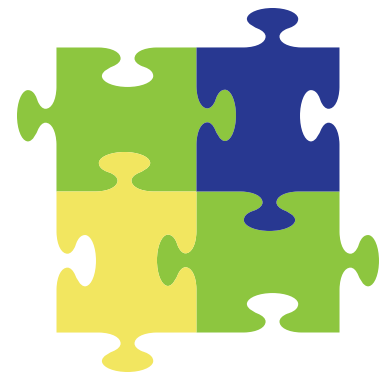
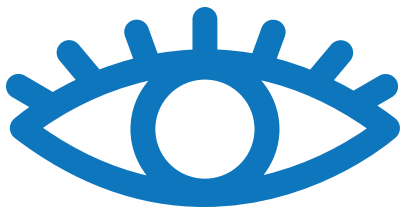
Fine Motor Control

31. Put together 3-4 piece puzzles
32. Build a block tower (up to 10 high, depending on age)
33. Place pegs into a peg board
34. Put coins into a piggy bank
35. Scoop objects with a small spoon or shovel
36. Push small objects into a container or cup
37. Screwing and unscrewing lids off of containers
38. Counting objects such a buttons, beads, cotton balls
39. Push food squeeze pouch caps into a baby wipes container
40. Pounding golf tees into foam with a hammer



Sensory Activities

41. Ball pit (use a plastic wading pool with ball pit balls)
42. Water play with buckets, cups, and other pouring items
43. Place strips of fabric in an empty baby wipes box
44. Cooked spaghetti play (use with tongs and other fine motor tools)
45. Corn meal sensory bin (use with pouring and transferring dishes)
46. Sound box (include rattles, drums, bells, and other musical instruments to grasp)
47. Make a discovery bottle out of a clean water bottle
48. Make homemade play dough with essential oils (1-2 drops only)
49. Make homemade finger paint with essential oils (1-2 drops only)
50. Texture sticks for counting or patterns



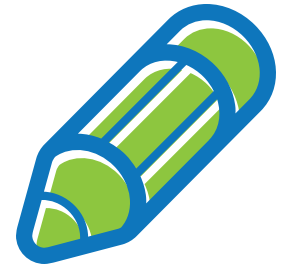
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FINE MOTOR ACTIVITIES

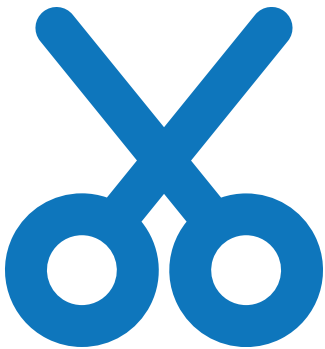
for children ages 3-6

Bilateral Coordination Skills

1. Use peg boards
2. Lacing cards
3. Building with Legos®
4. Tear lettuce into pieces for a salad
5. Tear construction paper for a collage
6. Peeling stickers
7. Spread icing on cookies or cupcakes
8. Use both arms to twirl streamers
9. Making bead necklaces or bracelets
10. Putting up to 12 piece puzzles together



Scissor Skills



11. Cut straws into 3rds and use to make a necklace
12. Complete 4-6 turn mazes
13. Cut out circle, triangle, and square shapes
14. Cut out clothes for stick people with craft sticks
15. Folding paper into fourths
16. Cutting with crinkle cut or design scissors
17. Threading Buttons
18. Cut out colored lines and make a rainbow
19. Cutting yarn
20. Complete a cutting activity book

50

FINE MOTOR ACTIVITIES

for children ages 3-6

Pre-Writing Skills

21. Use clothespins to pick up objects
22. Pinch fruit loops and slide over tooth picks
23. Form letters with wiki stix
24. Push beads onto pipe cleaners
25. Form lines and shapes with pipe cleaners
26. Use fine motor tweezers or tongs to pick up objects
27. Trace letters in shaving cream
28. Trace sandpaper letters
29. Use letter stamps to form their name
30. String letter beads on string to form their name



Fine Motor Control



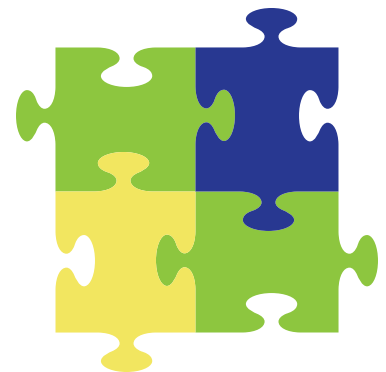
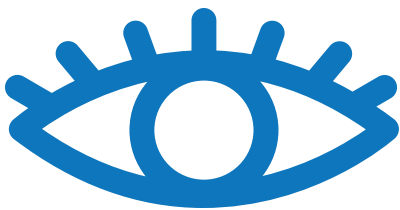
31. Use a hole punch to cut out designs
32. Button or unbutton large buttons on clothing or button board
33. Drawing a person with at least 6 body parts included
34. Learn to tie their shoes
35. Build complex shapes (towers, bridges, pyramids, etc) with blocks
36. Screwing various size lids onto containers
37. Practice coloring within the lines
38. Tracing around their own hand with a pencil or crayon
39. Reeling a fishing pole.
40. Simple food preparation (measuring, stirring, cutting soft items with a butter knife)

50 FINE MOTOR ACTIVITIES

for children ages 3-6

Sensory Activities

41. Play with sensory bins
42. Finger painting coloring pages or a picture
43. Popping large bubble wrap
45. Playing with bread dough
46. Planting flowers or plants in a garden
47. Drawing in sand
48. Washing dishes
49. Drawing or tracing in couscous, rice, lentils etc.
50. Playing with musical instruments (drum, piano, violin, recorder, etc)





FINE MOTOR ACTIVITIES

0-2 Years Old

- Grasping and letting go (rings, blocks, rattles, favorite blanket or stuffed animal).
- Turning objects in their hands Introducing new and novel toys will also encourage them to explore and turn that object in their hands to figure it out.
- Stacking blocks (for this age stacking 2-6 blocks is age appropriate).
- Drawing with crayons (do not use regular crayons at this age, rock crayons or triangle crayons work best).
- Snapping and buttoning (large or extra-large sized buttons).
- Taking items out and putting them into containers.
- Mess free painting in a sealed plastic bag.
- Finger foods during meal times.
- Bath toys during bath time (particularly ones that allow them to dump water).
- Music toys such as rattlers and bell shakers.
- Pushing blocks through a square or circle shaped hole.
- Turning the pages of a board book.
- Stringing 1/2 inch to 1 inch sized beads on string.
- Hand clapping games.
- Building with building blocks.

FINE MOTOR ACTIVITIES

2-3 Years Old

- Squeezing bottles such as ketchup with both hands.
- Rolling dough (either making bread, cookies, or play dough).
- Pressing cookie cutters into dough.
- Drawing pictures with a simple stencil outline.
- Putting rings or pegs on a peg board.
- Using play dough scissors to make snips in the dough.
- Simulate cutting by transferring objects with bubble tongs.
- Cut straws into pieces for a necklace.
- Cut out foam shapes.
- Complete simple 2-4 turn mazes (be sure they are steadying the paper with the opposite hand).
- Complete simple connect the dots (steadying the paper with the opposite hand).
- Folding paper in half.
- Squeezing spray bottles to water plants or clean windows.
- Complete lacing cards.
- Use tongs to pick up cotton balls, cereal pieces, rice, beans etc.
- Coloring or scribbling with age appropriate grasp.
- Roll play dough shapes such as horizontal or vertical lines, circle shapes etc.
- Squeeze plastic bottles or a turkey baster to transfer water.
- Squeeze play dough or putty.
- Pinch clothes pins.
- Draw shapes or lines in shaving cream or hair gel.
- Draw with an Etch-A-Sketch.
- Trace a simple pattern or design on paper.
- Use finger paint to practice lines and shapes.
- Put 3-4 piece puzzles together.
- Build a block tower (6-10 blocks high is age appropriate).
- Place pegs on a peg board.
- Put coins into a piggy bank.
- Scoop objects with a small spoon (rice, beans, small pasta etc).
- Screw and unscrew lids on containers.
- Put small objects into a container or cup.
- Count objects such as buttons, beads, cotton balls.
- Pound golf tees into a foam board with a hammer.
- Play in a ball pit.
- Water play with buckets, cups and other pouring items.
- Place strips of fabric in an empty wipes container and pull them out through the lid.
- Cooked spaghetti play using tongs and other fine motor tools.
- Sensory bin with objects for transferring and pouring.
- Make a sound box using rattles, drums, bells and other musical instruments.
- Make discovery bottles using water bottles (plastic is best since some children still throw items at this age).
- Make homemade play dough.
- Make homemade finger paint.
- Texture sticks for counting patterns.

FINE MOTOR ACTIVITIES

3-6 Years Old

- Place pegs into peg boards.
- Complete lacing cards.
- Building with building blocks/bricks.
- Tear lettuce into pieces for a salad.
- Tear construction paper for a collage.
- Peeling stickers.
- Spread icing on cookies or cupcakes.
- Use both arms to twirl streamers.
- Making bead necklaces or bracelets.
- Putting up to 12 piece puzzles together.
- Cut straws into pieces and use to make a necklace.
- Complete 4-6 turn mazes.
- Cut out circle, triangle, and square shapes.
- Cut out clothes for stick people with craft sticks.
- Folding paper into fourths.
- Cutting with crinkle cut or design scissors.
- Threading buttons.
- Cut out colored lines and make a rainbow.
- Cutting yarn.
- Complete a cutting activity book.
- Use clothespins to pick up objects.
- Pinch fruit loops and slide over tooth picks.
- Form letters with Wikki Stix.
- Push beads onto pipe cleaners.
- Form lines and shapes with pipe cleaners.
- Use fine motor tweezers or tongs to pick up objects.
- Trace letters in shaving cream.
- Trace sandpaper letters.
- Use letter stamps to form their name.
- String letter beads to form their name.
- Use a hole punch to cut out designs.
- Button or unbutton large buttons on clothing or button board.
- Draw a person with at least 6 body parts included.
- Learn to tie their shoes.
- Build complex shapes (towers, bridges, pyramids, etc) with blocks.
- Screwing various size lids onto containers.
- Practice coloring within the lines.
- Tracing around their own hand with a pencil or crayon.
- Reeling a fishing pole.
- Simple food preparation (measuring, stirring, cutting soft items with a butter knife)
- Play with sensory bins.
- Finger painting.
- Popping large bubble wrap.
- Playing with bread dough or play dough.
- Planting flowers or plants in a garden.
- Drawing in sand.
- Washing dishes.
- Drawing or tracing in couscous, rice, lentils, shaving cream etc.
- Playing with musical instruments (drum, piano, violin, recorder, etc)



FINE MOTOR ACTIVITIES

6 Years Old & Beyond

- Art classes
- Gymnastics
- Yoga
- Swimming
- Roller blading or roller skating
- Team sports (such as baseball, football, soccer, hockey etc)
- Wrestling
- Tennis
- Horseback riding (especially grooming and pre-riding activities)
- Taking care of a pet (dog, cat, bird etc)
- Origami (paper folding art)
- Cooking and baking
- Music lessons (particularly piano, string, or woodwind instruments)
- Jewelry making
- Coloring books (those with more detailed designs)
- Puzzles (those with 50+ pieces or more detailed pictures)
- Dance
- Play croquet
- Crocheting
- Wood working
- Building
- Computer coding or building computers
- Mechanical work
- Board games
- Playing capture the flag

FINE MOTOR SKILLS CHECKLIST

For Infants and Babies (0 - 18 months old)

0-3 months

- Hands are in a fist position.
- Arm movements are random and not controlled.
- Will watch the movement of their hands and brings their hands to their mouth.
- Will swing at targets (toys, person) using their whole arm.
- Will follow a person's movements with their eyes (within a few inches from their face).
- Will begin to hold objects in their hands.

3-6 months old

- Reaches for toys using both arms.
- Begins to transfer objects from one hand to another.
- Holds hands together.
- Begins to notice objects a few feet away.

6-9 months old

- Begin to grasp and hold onto objects.
- Uses a raking grasp to move objects with fingers.
- Looking for one object while holding another.
- Pokes at objects using their index finger.
- Takes objects to their mouth.
- Explore textures and sensory input with the mouth.
- Begin to hold a bottle.
- Squeezes objects with their fist.
- Play with their own hands.

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FINE MOTOR SKILLS CHECKLIST

For Infants and Babies (0 - 18 months old)

9-12 months

- Begins to feed themselves finger foods.
- Will turn pages in a book a few pages at a time.
- Begins to put small objects in a cup or container.
- Pincer grasp develops (using index finger and thumb to grasp objects).
- Transfers objects between hands (beginning of crossing midline skills).
- Grabs crayons with a fistful grasp.
- Can hold two small objects in one hand.
- Begins to show a preference for one hand over the other (beginning development of right handed vs. left handed).

12-18 months old

- Can build a tower of 2 blocks high.
- Claps hands together (beginning of bilateral coordination).
- Waves goodbye.
- Can scoop objects with a spoon or small shovel.
- Bangs objects together using both hands (beginning of bilateral coordination).
- Puts small objects into a container.
- Scribbles with crayons on paper.

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FINE MOTOR SKILLS CHECKLIST

For Toddlers (18 months - 36 months)

18-24 months

- Can put rings on pegs.
- Begins to hold a crayon with finger tips and thumb.
- Removes pegs from a pegboard.
- Marks or scribbles with a crayon or pencil.
- Can build a tower 3-4 blocks high.
- Can open loosely wrapped packages or containers.
- Begins to make snips on paper with scissors (closer to 24 months old).
- Can turn pages in a book one page at a time.

24 months old

- Manipulates clay or play dough with fingers.
- Can build a tower 9 blocks high.
- Can turn doorknobs.
- Can pick up small objects with pincer grasp (index finger and thumb).
- Can complete 3 piece puzzles.
- Makes scribbles on paper.
- Makes snips on paper with scissors.
- Can wash hands independently.
- Can screw lids on and off containers.
- Able to string large beads.
- Zips and unzips large zippers.
- Able to use a spoon correctly.

36 months old

- Able to cut a piece of paper in half.
- Can copy pre-writing lines (vertical, horizontal, and circle shapes).
- Able to complete lacing cards.
- Can cut a long, wide line with 1/2" accuracy.
- Able to string 1/2 inch beads.
- Can sort objects by color, size, types etc.
- Able to fasten and unfasten large buttons.

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FINE MOTOR SKILLS CHECKLIST

For Preschoolers (Ages 3 to 5 Years Old)

3 Years Old

- Can draw a circle after being shown model.
- Cuts a piece of paper in half.
- Copies prewriting lines of vertical, horizontal, and circle shapes.
- Laces a card.
- Can unbutton large buttons.
- Can cut a long a wide line with 1/2" accuracy.
- Will string 1/2 inch beads.
- Cuts along a line with no more than 1/8-1/4 inch deviation from the line.
- Sorts objects.
- Will fasten and unfasten large buttons.

4 Years Old

- Can copy cross shapes, right and left oblique lines “/” “\”, square and X shapes.
- Can touch the tip of each finger to their thumb.
- Can color within a picture with no more than 1/4" deviations from the coloring lines.
- Can cut big circles with scissors.
- Can move the paper while cutting along a line.
- Completes puzzles of 4-5 pieces.
- Can use a fork correctly.
- Can get dressed and undressed without help.
- Uses dominate hand.

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FINE MOTOR SKILLS CHECKLIST

For Preschoolers (Ages 3-5 Years Old)

5 Years Old

- Grasps a pencil correctly.
- Begins to print their name.
- Copies a triangle shape.
- Cuts out a circle.
- Opens a lock with a key.
- Draw a diamond shape when given a model.
- Draws a person with at least 6 different body parts.
- Can tie their shoes.

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FINE MOTOR SKILLS CHECKLIST

For Early Elementary (Ages 6 Years +)

6 Years Old

- Can copy first name.
- Builds a small structure with blocks.
- Can put a 16-20 piece puzzle together.
- Uses a knife to cut food.
- Cuts well with scissors, no deviations from the cutting line.
- Prints 3 or more simple words.
- Can print all numbers 0-9.
- Can print all letters of the alphabet, upper case and lower case.

6 Years Old +

- Fully developed eye-hand coordination.
- Use all eating utensils appropriately.
- Help with household chores (sweeping, moping, dusting etc).
- Able to take care of pets (feeding, grooming, walking etc).
- Draw detailed and complex shapes or pictures.
- Begin to develop writing and handwriting habits and skills.
- Can compete in sports activities appropriately.
- Have hobbies they enjoy and complete independently.
- Learn a musical instrument.
- Begin computer skills and use video games.
- Are able to draw with greater control and precision.
- Ride a two-wheeled bike.
- Learning swimming skills.
- Move in time to the beat or rhythm of music.
- Able to twist and spin in one place.
- Are able to combine motor skills such as running and kicking or moves to music.

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