Fine motor ideas for every day

Strong, clever hands come from play. Pick one idea a day.

Squeeze

- Playdough: roll, squash, pinch, poke
- Sponges and water play
- Spray bottles on the garden
- Squeezy bottles in the bath

Pick up

- Pegs on a card edge or a line
- Tongs or tweezers with pompoms
- Posting coins or buttons in a slot
- Sorting small things into a tray

Tear and snip

- Tear paper for a collage
- Snip straws or playdough snakes
- Cut strips of card with help
- Cut along a thick line

Thread and build

- Thread big beads or pasta
- Lacing cards
- Small blocks and stacking cups
- Screw and unscrew jar lids

Make marks

- Chalk on the path, water and brushes
- Crayons broken in half
- Finger tracing in sand or salt
- Paint on an easel or wall

Every day

- Zips, buttons and poppers
- Peeling fruit and stickers
- Pouring at snack time
- Spreading with a blunt knife