



Preschool Age Fine Motor Activities

Play Dough and Buttons

For this activity, you will need play dough and buttons, small blocks or other plastic shapes like game board pieces. Have child “hide” or “bury” the objects in the play dough and then “dig” the objects out. This activity is great for strengthening hand muscles. You could also “hide” the buttons yourself and have child “dig” around play dough to find the buried treasure, have child count objects/tell you what shape and color the buried object is.

Tracing Lines with Gems

All you need for this activity is a piece of paper, marker/crayon or pencil and “gems” (“gems” could include buttons, beads rocks, paper clips, hair clips, decorative stones-most objects will work they just need to be similar size). Draw any kind of line on the piece of paper (zig zag, a large “S”, wave shape) and have child “trace the line” with their gems.

Cutting Mazes

Cut piece of paper or card stock/cardboard into squares, you could make four “mazes” from one piece of construction paper or standard white computer paper. Use a marker, highlighter or crayon to draw a “maze”, this should be a series of zigzags and straight lines. Have your child use scissors to cut their way through the maze, have child make their own maze to cut.

Assistant Chef

Have your child help mix the food you are making with different safe kitchen tools. Include tools such as large spoon, small spoon, fork, manual non-electric mixer, potato masher, wire whisk, sieve etc. When making food that need specific utensils ask your child which one would work best for the task, allow your child to pick the tool, discuss the name of the tool and what it does. Include your child in the process of making the recipe. Additional ideas: Make a chef hat using white paper as the head band and

Magazine Mosaic

Tearing colors from magazines, make glue dots and attach to another piece of paper. Using magazines have children tear out sections that have one specific color at a time. Label several pieces of paper with that color name. Have children glue the color magazine piece on the corresponding piece of paper.

Make jewelry

Use beads, pasta, buttons and have child string beads onto a string. Tie the ends together and child can wear as a necklace or bracelet.

Pine cone fun

All you need are assorted rubber bands and a pine cone. Have child pull rubber bands around pine cone, this is a great way to strengthen their hand muscles, once pine cone is filled, taking rubber bands off pine cone is great practice too.

Yarn Letters

Write letters or numbers on paper for child. You can use string, ribbon, a shoe lace and have child “trace” the numbers using the string.

Action for Children



Clothes pin sorting

Have child sort Pom-poms, small rocks, other small like items, have child pick up these items using a clothes pin. You can write numbers 1-10 and put a circle around each number, have child pick up items with clothes pin and put the allotted amount of each item into the circle.

Colander Activities

Have child put pipe cleaners, string or even fake flowers through the holes of the colander (any strainer or utensil holder with small holes will work). Child will use fine motor and hand/eye coordination to put the pipe cleaners through the small holes.