

O.T. Works, Inc.
The Therapy Playce
2521 E. Market Street. Suite. A Nappanee, IN 46550
(574) 773-7733 Fax# (574) 773-7133

Fine Motor is the ability to use the eyes, hands, and fingers together in carrying out precise movements that are necessary for performing a variety of daily activities.

Fine Motor and Eye Hand Coordination Activities

1. Work on Buttoning , lacing, snapping, and zipping
2. Stack coins
3. Place and pull out pins in a pin cushion
4. String beads
5. Hide coins/ small pegs in putty or clay and pull them out
6. Fasten safety pins or paper clips together
7. Screw and unscrew nut and bolts
8. Cut coupons, pictures, etc.
9. Use clothespin to hang up papers, or clothes on a line
10. Push thumb tacks into a wall
11. Hammer nails into a board
12. Practice keyboarding or playing the piano
13. Paint with a paint brush
14. Play Connect 4, Bingo, Chinese checkers
15. Thread a needle
16. Place pegs in a cut out form board
17. Color or draw
18. Have one person hold a pen cap, and have the child try to place the pen in the cap
19. Touch each fingertip to thumb one at a time, increase speed as your accuracy improves.
20. Lay palm flat on the table with fingers spread apart. Try to lift one finger at a time
21. Place a paper of Kleenex in one hand, and try to crumble it without assistance from your other hand
22. Flick ping pong ball, cotton ball, etc. across the table with index finger then alternate fingers for increased difficulty
23. Take a piece of fishing wire, string, etc. and practice tying knots
24. Place bead, marbles in palm. Try to move object one at a time from palm to tip of index finger and thumb without dropping any.
25. Practice using a key to unlock a door/ locker etc.

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Fine Motor Activities to build strength and dexterity

1. Soap up and wash off tables with sponge
2. Set table for home meals
3. Use rolling pin to flatten play dough or pie crust or biscuit dough. Then cut out objects of letters with cookie cutters
4. Stand at dry erase board to make vertical or horizontal lines, circles, and crosses preparatory to making letters and numbers
5. Paint with water on sidewalk outside
6. Stamp name with stamps following a line. Stamp animal tracks along a winding path
7. Put lids, buttons, poker chips, washers, pegs, beads into coffee can lid slots to practice fine motor/ hand eye coordination
8. Stack washers on a dowel
9. String jar lids or large buttons on cord or pipe cleaners
10. Draw lines to match up letters, numbers, and pictures on worksheets- crossing from left side of paper to column on right side.
11. String yarn or shoelace from letters numbers, etc., on one side of the paper to matching ones on the other side
12. Pinch clothespins around a strip of circle of cardboard to make sun, apple, pumpkin, fence, or animal legs- paint of color to decorate
13. Assemble large screws, or nuts and bolts and real toy
14. Put clothespins on pegs held in one hand or standing up in pegboard
15. Use Clothespins as tongs to pick up objects (pegs, cotton balls) and place in jar
16. Wash plastic dishes in the sink with two hands
17. Take laundry out of dryer
18. Fold laundry
19. Make rubber band designs and pictures on a geo board, or make a board with small finishing nails pounded into it at 1 inch intervals
20. Shoot at small objects with rubber bands
21. Use rubber bands wrapped around one or more fingers and do exercises with them. Open fingers and close with rubber bands wrapped once or twice around them. See how many fingers you can get to do push- ups with one or more bands
22. Clip paperclips to cards either in a pattern or design or according to the number or quantity of objects pictured on each card. You can use a deck of playing cards
23. Do sticker games and activities where you have to put the stickers on a picture to complete it or put stars on a blank 3x5 card and then make a picture out of it to use for Christmas or greeting cards.