# Playful Ways to Boost Fine Motor Skills

## ART
1. Coloring
2. Drawing
3. Painting with paintbrushes
4. Painting with fingers
5. Painting with unconventional materials
6. Glueing
7. Taping
8. Stencils
9. Tracing
10. Bingo dabbers
11. Connect the dots
12. Using hole punchers
13. Peeling tape off of things
14. Stickers
15. Cutting
16. Ripping paper
17. Creating art/playin with pipe cleaners
18. Using eye droppers (in art or sensorial play)
19. Beading
20. Sewing
21. Crochet/Knitting
22. Finger knitting
23. Embroidery

## FOOD
28. Measuring materials
29. Chopping food (with supervision, of course)
30. Kneading bread
31. Cutting / rolling cookies
32. Finger foods
33. Serving themselves food
34. Playing with / Learning to use chopsticks

## PRACTICAL LIFE
48. Taking their own clothes on and off/Dressing themselves
49. Playing with / Learning how to use buttons
50. Playing with / Learning how to use zippers
51. Spraying spray bottles
52. Sweeping with little broom and dustpan
53. Polishing coins (With salt, vinegar, and q-tips)
54. Using keys
55. Taking caps on and off materials
56. Playing with/Using paper clips (ie: making a chain, using as bookmarks, etc)
57. Playing with clothes pins
58. Popping bubble wrap
59. Playing with rubber bands
60. Squeezing stress balls

## CLASSIC TOYS
35. Legos
36. Light Bright
37. Setting up train tracks for their toy trains
38. Mr. Potato Head
39. Any toy or game where they put something in a specific hole (ex: Card Slot, ex: Button sorting)
40. Stacking materials (ie: blocks, card castles)
41. Busy boards
42. Playing musical instruments
43. Puzzles
44. Hammering
45. Paper dolls
46. Taking doll clothes on and off
47. Board games (especially Operation!)

## OUTSIDE
24. Gardening
25. Collecting objects
26. Using sidewalk chalk
27. Taking apart a flower

## SENSORY
61. Playdough
62. Gak/Slime/Other sensorial sillies
63. Sensory table/bin
64. Scooping materials
65. String Pulling
66. Loose parts play
67. Twisting nuts and bolts

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Activities we’d love to try...