

# Equipment & Activities for Fine Motor Development

## Activities for Fine Motor Skill Development

Fine motor skills are used everyday. They are used to tie our shoes, fasten & unfasten buttons, pick up small objects, or point at something. In school, your child must be hold a pencil, cut with scissors, & turn pages in a book.

The following is a list of equipment & activities that will help your child refine their fine motor abilities.

### Shape-Fitting Activities

- Shapes: Place shapes into corresponding holes. There are commercial shape boards available
- Puzzles: from simple (few pieces, non interlocking, with knobs) to complex (more pieces, interlocking, no knobs)
- Puzzles made from a variety of materials like laminated magazine pages, pictures glued on cardboard with shapes drawn and cut out, large photo of your child cut into shapes.
- Large floor puzzles

### Toys to Dress Up

- Dress up dolls and teddy bears with simple clothes, hat, scarf, loose jacket, elasticized pants, skirt, etc.

### Puppets

- Hand puppets
- Finger puppets

### Hammering Toys

- Peg and hammer toys
- Toys with balls & mallets
- Golf tees into styrofoam blocks
- Xylophone

### Peg Boards

- Use a variety of sizes and patterns.
- Toys like trains, trucks, boats, etc. that require putting little people into seats.
- Lite Brite
- Sticking golf tees into styrofoam blocks.

### Toys with Keys & Buttons to Press with One Finger

- Cash register
- Piano
- Camera
- Typewriter Computer

### Imaginative Play Sets

- Fisher Price Farm, toy Doctor's Kit, & Log Building sets.

### Plastic Materials

- Play dough and plasticine with rolling pins, cookie cutters, objects to press in, sturdy plastic knives and forks, spatula, etc.

### Scooping and Pouring Tasks

- Use corn, peas, beans, sand, rice, etc. with bowls, jugs, scoops, spoons, etc.

### Board & Card Games

- Age appropriate games
- Holding cards and picking up card from a pile

### Picture and Pattern Boards

- Tile boards
- Felt picture boards
- Make a Velcro picture board with one type of velcro all over it and felt pieces with the other type of velcro on the back of each piece.
- Make a magnetic picture board out of a sheet of metal, fridge stickers, & other small items with

magnetized rubber tape on the back

### Sorting Activities

- Vary the size and shape of objects and the type of containers. You can sort large buttons, corn, peas, beans, paper clips, bingo chips, golf tees, & beads into egg boxes, old sewing boxes, tackle boxes, matchboxes, T.V. dinner trays, jars, & bottles.

### Drawing

- Chalk and chalk boards
- Crayons and paper
- Stencils & templates
- Felts
- Finger Paints
- Paints

### Cutting, Tearing, Folding

- Variety of kinds of paper - probably needs demonstrations and help to use these materials constructively
- Controlled tearing
- Folding
- Wrapping/unwrapping activities
- Cutting any craft activity

If you are concerned with the manner in which your child uses their fingers or hands, consulting your family doctor or a healthcare professional such as an Occupational Therapist may help.

Please refer to the Articles & Information section of our website for information on fine motor development.

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