

The TOP Fine Motor Skills Activities (grouped by age)

0-24 months

<ul style="list-style-type: none">• Play with and explore crinkle books and toys• Turn pages of board books and point to pictures• Play with, roll, hold balls of all shapes, sizes and textures• Play with Duplo blocks• Play with shape matching toys and chunky puzzles• Eat finger food from small snack pots• Begin to use fork and spoon	<ul style="list-style-type: none">• Pop bubbles by clapping or poking• Pour water with cups and funnels• Play with magnetic letters on a fridge• Build towers with blocks/cups• Pull apart cotton balls• Wave flags, scarves and/or streamers• Crunch dry leaves and pluck petals from flowers
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Parental supervision advised

2-4 years

<ul style="list-style-type: none">• Water plants with a watering can• Wheelbarrow walking• Hang from monkey bars• Finger painting and floor puzzles• Move sand/mud/water from different containers• Play with Playdoh• Play with finger puppets• Use lacing cards	<ul style="list-style-type: none">• Paint on an easel• Tear paper• Cut paper• Peel and place stickers• Dress and undress independently• Cut play fruit/veggies (velcro)• Twist nuts and bolts• Pop bubble wrap
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Parental supervision advised

5-6 years

<ul style="list-style-type: none">• Pour own drink• Open own snacks• Put coins into moneybox• Play with sidewalk chalk• Clean the chalk with a hose• Glue small beads and beans or yarn to a line or shape	<ul style="list-style-type: none">• Play games with dice and dials• Use tweezer games (eg. Operation, Bed Bugs)• Use peg boards and rubbing plates
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7-8 years

<ul style="list-style-type: none">• Sharpen pencils• Stir cake/cookie dough• scoop ice cream from tub• Tie knots and try to untie them• Squeeze sponges in a bucket - could even help to wash the car• Help with gift wrapping: fold the paper, curl the ribbon and make a bow.• Shuffle and deal cards in a game• Practice holding cards with games such as Uno, Go Fish and Old Maid	<ul style="list-style-type: none">• Create scenes with Lego• Make some origami• Learn how to make rainbow looms• Trace pictures• Draw with stencils• Games: Jenga, Connect 4, Checkers, Qwirkle, Scrabble• Tug of War• Hama Beads• Aquabeads• Scrapbooking (cutting, sticking)
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9+ years

<ul style="list-style-type: none">• Help to carry groceries from the car• Move wet clothes from the washer to the dryer• Learn to play piano/woodwind/brass/stringed instrument where the fingers move separately• Touch typing practice• Learn to make rubber band balls• Play with a Rubik's Cube	<ul style="list-style-type: none">• Play Simon - the electric game and Tricky Fingers• Learn to cross-stitch• Use sewing kits• Make friendship bracelets• Jigsaw puzzles• Make more complex designs using Hama beads• Play solitaire peg games• Use Baoding balls
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