



FINE MOTOR ACTIVITIES FOR SCHOOL READINESS

Why are fine motor skills important?

- To play with toys successfully
- To be independent in self-care (e.g. getting dressed, eating)
- For successful participation in school

How do I help my child improve their fine motor skills?

Piggy Bank Games

- Make a piggybank from a plastic container (e.g., yogurt or margarine) or buy one
- Start with large coins (e.g. juice lids or poker chips) and gradually work towards smaller coins or pieces of paper

Stringing Activities

- Begin with pulling things off
- Move to putting large beads on a stable wooden dowel
- Next place beads on a pipecleaner and then on a string
- Once successful with beading using a string, have the child string a variety of other items such as fruit loops and uncooked pasta
- Progress to lacing activities



Tool Games

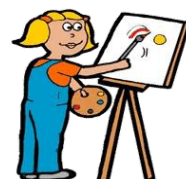
- Add squirt bottles, squeeze toys, sponges, basters to the water table or bath
- Playdoh games and activities (e.g. rolling pins, cookie cutters, plastic knives, scissors)
- Add tongs, tweezers and clothespins to games (e.g. use tongs to build a big block tower)
- Introduce games that already include tools (e.g. ball and hammer toy)

Strength Games

- Tug of war with a blanket, rope, putty, etc
- Squeezing foam balls, sponges or water squeeze toys
- Construction toys like Duplo, snap beads or others that go together and come apart
- Open and close containers
- Pulling stretch toys or pop tubes

Upright Surfaces

- Play and draw on chalkboards, painting easels, windows, mirrors, white boards, bathtub walls, etc.
- Help to wash or dust windows, bathtub walls, mirrors



For more information please visit www.earlyintervention.simcoe.ca