



Funky Fingers: Fine Motor Activities



30 playful ideas for little hands.



Pinching Activities

- 1. Pom-Pom Pick-Up:** Use tweezers or fingers to pick up pom-poms and transfer them to a container.
- 2. Sticker Peeling:** Peel stickers from a sheet and stick them onto paper.
- 3. Bead Threading:** Thread small beads onto a string or pipe cleaner.
- 4. Clothes Pegs:** Pinch clothes pegs onto the edge of a cardboard box.
- 5. Cereal Transfer:** Pick up small cereal pieces (like Cheerios) and transfer them to a bowl.
- 6. Button Sorting:** Sort buttons by color or size using a pincer grasp.

Squeezing Activities

- 7. Sponge Squeeze:** Soak a sponge in water and squeeze it into a bowl.
- 8. Stress Ball:** Squeeze a stress ball or playdough to strengthen hand muscles.
- 9. Water Pistol:** Practice squeezing the trigger of a water pistol.
- 10. Eye Dropper Art:** Squeeze an eye dropper to create colorful art.
- 11. Glue Bottle:** Practice squeezing a glue bottle to apply glue to paper.
- 12. Bubble Wrap Pop:** Pop bubbles on bubble wrap.

Rolling Activities

- 13. Playdough Snakes:** Roll playdough into long, thin snakes.
- 14. Clay Beads:** Roll clay into small beads for jewelry.
- 15. Dough Balls:** Roll dough into small balls for baking.
- 16. Crayon Rubbings:** Place paper over textured surfaces and rub with crayons.
- 17. Rolling Pin Fun:** Use a rolling pin to flatten playdough or dough.
- 18. Ball Rolling:** Roll a ball back and forth with a partner.

Patting Activities

19. Pat-a-Cake: Play the classic 'Pat-a-Cake' game, patting hands together.

21. Dough Patting: Pat down dough for pizza or cookies.

23. Clay Modeling: Pat and shape clay into different forms.

20. Drumming: Pat hands on a drum or other surface to make music.

22. Painting with Fingers: Pat paint onto paper with fingers to create art.

24. Sandcastle Building: Pat sand into buckets to create sandcastles.

More Funky Fingers Activities!

25. Lacing Cards: Thread laces through holes in lacing cards.

26. Nut and Bolt Play: Screw and unscrew nuts and bolts.

29. Squeezing Sponges: Squeeze water from sponges into different containers.

30. Tearing Paper: Tear paper into small pieces.

27. Playdough Cutting: Use playdough scissors or cutters on playdough.

28. Zipper Practice: Practice zipping and unzipping jackets or pouches.

These activities are designed to be fun and engaging for children while helping them develop their fine motor skills. Remember to supervise children during these activities and adapt them to suit their individual needs and abilities. Enjoy the funky fingers fun!

Disclaimer: *Adult supervision is required for all activities. Ensure materials are age-appropriate and safe.*