**Suggested Fine Motor Activities**

I have tried to compile a list of activities to support fine motor skills using objects which you may have in the house.

* Buttons work great in developing fine motor skills. Picking them up works those small muscles, But the true fine motor skills comes in the act of buttoning something up, that takes some amazing finger strength and hand eye coordination.
* [Paper Clips](https://handsonaswegrow.com/paper-clip-chain-fine-motor/) are great for finger movements and manipulation. Being able to slide the clip onto a piece of paper takes a lot of concentration for children.
* Clothes pegs are a fantastic material for building finger strength. Writing letters on these and getting children to peg them to a piece of paper to spell out words can be an effective activity.
* [Rubber Bands](https://handsonaswegrow.com/rubber-band-fine-motor-activity/) also work on finger strength, but in the opposite way that most materials do. These are a fantastic addition to any fine motor activity!
* [Tweezers](http://lessonslearntjournal.com/t-is-for-tiger-and-tweezers/) take a lot of hand eye coordination to be able to operate successfully and move an item from one place to another.
* [Straws](https://handsonaswegrow.com/simple-straw-threaded-shoestring-necklace/) can be used as beads, to thread onto something! But they also work great with play dough too.
* [Play Dough](https://handsonaswegrow.com/play-dough-name-tracing/) is fantastic for building those small muscles! Kneading, pushing and rolling the dough really helps!
* [Stickers](https://handsonaswegrow.com/follow-line-match-stickers/) are amazing! Have your child try to peel the stickers off the sticker sheet! If it’s tricky, you can remove the non-sticker part of the sheet and it’s still an amazing fine motor activity. Placing the sticker on a paper also takes hand control, children could try to make their name using stickers.
* Hole Punches are hard! Your child will need to work up to this amount of muscle strength in their hands before they’ll be able to successfully do this.
* [Kitchen Tongs](https://handsonaswegrow.com/block-fine-motor-toddler-activity/) can be a great tool for working on hand strength and control. Bring them out during clean up time and I bet your child will be more willing to pick up their toys plus you get the added bonus of working on their fine motor skills.
* Toothpicks/cocktail sticks are small and take a good pincer grasp to be able to hold it.
* Cotton wool buds  are small and take a good pincer grasp to be able to hold. Children could use these to paint with.
* Tying shoe laces or knots!