

10 Fine Motor Activities for your Toddler



1. Play-Doh

- Use kitchen utensils such as spatulas, forks, rolling pins, or cookie cutters, so your toddler can pretend to bake to work on hand strengthening and bilateral hand coordination
- Hide small objects like beads or coins in the Play-Doh and have your toddler pick them out to work on pinching and grasping (**CAUTION** when using small objects because they can be a choking hazard!!)
- No play-doh? Make and use cookie dough or bread dough, or Google a make your own Play-Doh recipe!

2. Empty Wipes Container

- The slot on a wipes container can be used to stick smaller toys into to work on hand-eye coordination (try the Huggies brand!)
- Pretend it's a piggy bank and have your toddler put coins into it
- Rotate the slot from horizontal to vertical, so your toddler has to work on object manipulation & wrist movements to insert toys
- Have your toddler practice pressing the button to open the container to work on index finger use



3. Cheerios

- Have your toddler stack, count, or make designs with their cheerios to work on pinching and grasping
- Have them use a spoon to pick up cheerios and scoop them into a bowl to work on wrist movements and independence with utensils
- Can also use other small foods like raisins, goldfish, or teddy grahams

4. Puzzles

- Have your toddler rotate puzzle pieces to make them fit to practice object manipulation
- Puzzles with pegs are especially good to work on pinching!



5. Sponge Painting

- Cut up a sponge into different shapes (circle, square, triangle)
- Have your toddler dip the sponge shapes into paints to make designs on paper to work on hand strengthening
- No paint? Dip the sponge shapes into foods like ketchup, mustard, or chocolate pudding!



6. Water Painting

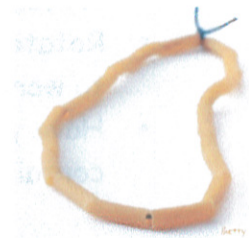
- If it's a nice day, give your toddler a paintbrush and a cup of water, and have them "paint" the sidewalk or driveway to work on grasp
- Can also do this in the bathtub and have them paint the tub

7. Coloring: Crayons, Markers, Sidewalk Chalk, etc

- Have your toddler help you make homemade, colorful paper place mats for each family member as a pre-dinner activity to work on grasp
- Spend the afternoon outside with sidewalk chalk!

8. Macaroni Necklaces

- Use different sizes & shapes of uncooked pasta and a piece of yarn to make a necklace to work on hand-eye coordination, grasp, and bilateral coordination
- Can also make a cheerio or fruit loop necklace



9. Water Play

- Give your toddler a small squirt bottle filled with water and have them help you water the plants to work on finger strengthening
- Give your child different sized cups in the bathtub that they can dump to work on object manipulation

10. Build with Blocks

- Build towers with Legos, blocks, or any other stackable materials (Tupperware containers, plastic cups, etc) to work on hand-eye coordination and grasp