

55+ Fine Motor Activities for Home

Fine motor development is an important part of the toddler and early childhood years. In order to learn how to draw and write, the hands must be strong enough to hold writing tools. Fine motor is also necessary for independence. Think about zipping a coat, buttoning pants, opening a door, getting a glass of water. These all require fine muscle control. And yet, according to some studies, children are entering kindergarten lacking fine motor skills. And then the question is asked how? How can we help our young children build strong hands? I hear this question often from my own preschool parents. And so I thought I'd put together a list of **55+ fine motor activities for home**.

Yep, over 55 easy ways to help your young children strengthen their [break from school](#) skills. Simple ideas your children can do at the kitchen table, in the bathtub, or outside. 50+ fine motor ideas that use simple materials, many of which you already have in your home. Activities that are perfect when your children are on [break from school](#), the weekend, a rainy day, any time!



This post contains affiliate links for your convenience.

This collection of fine motor activities is geared for children ages 2-5. Some will be more suitable for younger children, some for older. Choose the activities you feel are best for your children and build on them as they are ready.

55+ Fine Motor Activities for Home

- [Add basters](#) to a tub of water or the bathtub.
- [Transfer water](#) to an ice cube tray.
- [Squeeze watercolors](#) on a vertical surface.
- [Use dot markers](#) on a white board.
- Use [cut straws](#) to make a necklace.
- [Thread beads](#) onto pipe cleaners.



- [Pick up plastic caps](#) with tongs.
- Paint with [Q-Tips](#).
- [Press small items](#) onto sticky paper.
- [Squeeze playdough](#) through the holes of a citrus or garlic press.
- [Press circle stickers](#) onto the letters of your name. (Busy Toddler)
- [Thread beads](#) on matching colored feathers. (Sugar Aunts)




- Sort cereal by color and [transfer the pieces with tweezers](#). (The Resourceful Mama)
- [Place buttons on drawn lines](#) and zigzags. (Learning 4 Kids)
- [Drop pom poms](#) through a cardboard tube. (The Imagination Tree)
- [Use gloves](#) while putting pieces together. (Stir the Wonder)
- [Hammer tees](#) into styrofoam blocks. (Modern Preschool)
- [Transfer blocks](#) to a muffin tin using a spatula. (Busy Toddler)
- [Use a hole punch](#) with paper. (The Resourceful Mama)



- [Push sticks](#) through holes. (Playdough to Plato)
- [Thread pasta](#) with straws. (Laughing Kids Learn)

- [Wrap rubber bands](#) around cut pool noodles. (And Next Comes L)
- [Pick up](#) small plastic animals and match them. (Inspiration Laboratories)
- [Color](#) on sandpaper. (I Can Teach My Child)
- [Drop watercolors](#) onto coffee filters using a medicine dropper. (Messy Little Monster)
- [Push pipe cleaners](#) through holes in a cardboard box. (Sugar Aunts)



- [Cut paper](#) for a fun decoupage activity. (Mama Smiles)
- Make patterns while [pounding golf tees](#). (Buddy and Buddy)
- [Draw](#) in colored sand. (Buggy and Buddy)
- Practice cutting skills with these [free printable patterns](#). (Fun with Mama)
- [Use different tools](#) to drop pom poms. (Crafty Kids at Home)
- [Count and smash](#) playdough. (Stir the Wonder)
- [Use a water pistol](#) for painting outdoors. (Messy Little Monster) 
- [Draw](#) on erasable wall decals. (Artsy Momma)
- [Transfer pom poms](#) into the cups of an egg carton. (The Stay-at-Home Mom Survival Guide)
- [Wrap rubber bands](#) around a can. (HOAWG)
- [Push pipe cleaners](#) into playdough and add beads. (Fun with Mama)
- [Clip clothespins](#) onto numbered cards. (Fun with Mama)
- [String buttons](#) onto pipe cleaners. (Preschool Powl Packets)
- [Peel masking tape](#) off a table. (The Stay-at-Home Mom Survival Guide)
- Collect your toys and [wrap them in paper](#). (Little Worlds Big Adventures)
- [Thread straw pieces](#) onto pipe cleaners to make an

octopus. (Buggy and Buddy)



- [Drop colored rock salt](#) into a jar to make a rainbow. (KC Edventures)
- [Tie](#) a knot. (HOAWG)
- [Use the thumb](#) to press beads into playdough. (Sugar Aunts)
- Create a [pouring station](#). (Busy Toddler)
- [Drop Beads](#) through the holes in the lid of a jar. (Modern Preschool)
- [Stretch rubber bands](#) around pine cones. (The Imagination Tree)



- [Balance pom poms](#) on cut pool noodles using tweezers. (Learning 4 Kids)
- Build a [sponge tower](#). (Toddler Approved)
- [Push Q-Tips](#) through cut straw pieces. (Mess for Less)
- [Pinch clothespins](#) on a basket. (School Time Snippets)
- [Stack foam blocks](#) in water. (Still Playing School)
- [Draw on tinfoil](#) that is covered with shaving cream. (Pocket of Preschool)
- [Drop pony beads](#) onto small sticks. (School Time Snippets)
- [Put rubber bands](#) around the bottom of a muffin tin. (And Next Comes L)
- [Squeeze and drop](#) watercolors from pipettes onto colored dots. (You Clever Monkey)



Bonus! Grab your copy of this fun scissor practice packet:



32 pages total of scissor practice activities in a age appropriate and developmental sequence. For preschool through 1st graders. For only \$2.99 [download your PDF digital product now!](#)

Join me over at [Melissa & Doug's blog](#) to find more fine motor activities that can be done at home!

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