

Fine Motor Squeezing Activities for Preschoolers

Parents are concerned if their preschoolers cannot write. Their preschoolers might get frustrated when given writing tools. Hold on! Their little hands and fingers need to be strengthened. Good news! I have a collection of **fine motor squeezing activities for preschoolers** that can do just that.

We start working on strengthening [fine motor](#) skills in with our toddlers. You know those puzzles with the knobs? And play dough? Yep, that's a start! But even as they transition from a toddler to a preschooler, their hands and fingers continue to need strengthening.

We work on fine motor activities every day, in playful ways. Our children have no idea the reason behind it, of course. They just know it's fun!

Ready to introduce some squeezing activities into your children's day?



17

SQUEEZING ACTIVITIES to strengthen hands

This post contains affiliate links for your convenience.

Fine Motor Squeezing Activities for Preschoolers

1. Preschoolers (toddlers, too) love to [transfer water](#) with turkey basters.
2. [Squeeze playdough](#) using a citrus squeezer.
3. As fingers get stronger, [squeeze water](#) using pipettes.
4. [Squeeze and release paint](#) on top of pine cones.
5. [Drip watercolors](#) down a vertical surface.
6. Press Do-a-Dots with palms of hands on a [dry erase board](#).
7. Set up a [tongs and pom poms](#) activity. (B-Inspired Mama)
8. Squeeze glitter glue to make [calming bottles](#). (Mess for Less)
9. Use [paint with sponges](#). (No Time for Flash Cards)
10. Transfer [foam blocks](#) in bowls of water. (Mummy Musings and Mayhem)
11. Squeeze lemons and make [lemonade](#). (Two-daloo)
12. Use a sponge to [clean the table](#). (An Everyday Story)

13. Drop [watercolors](#) on coffee filters.
14. Grab some clothespins to make these [dinosaurs](#). (Teaching Mama)
15. Squeeze [play dough](#). (Fun at Home With Kids)
16. Using icing gel pens to [decorate cookies](#). (Craftulate)
17. Invite your child to [wash windows](#). (Montessori Life as We Know It)



Get ready to write!

17 Activities that Strengthen the Hands

teaching2and3yearolds.com



More hand-strengthening ideas for young children:



Fine Motor with Water and Basters



Picking Sunflower Seeds

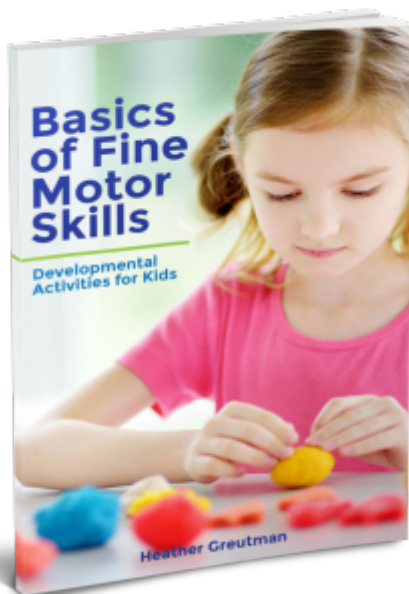
FINE MOTOR FOR TODDLERS & PRESCHOOLERS



MAKE YOUR OWN SIMPLE

FINE MOTOR THREADING BOARD

And here's more ways to build fine motor skills!



Your go-to-guide for everything fine motor related, it's the perfect resource for parents, teachers, and therapists.

More information: [Basics of Fine Motor Skills](#)

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