

Visual-motor coordination ideas for fine motor

- Construction activities: Lego, Duplo, other building kits.
- Threading, beading and lacing activities.
- Posting coins into a piggy bank.
- Popping bubbles – someone else can blow them and you pop them with your fingers.
- Catching a beanbag in your hands.
- Playdough – copy a design using a variety of hand actions, rolling, pinching, poking etc.
- Use tongs (big and small) in one hand, to pick up small items and drop them into squares in an ice-cube tray.
- Keep regularly used items in a variety of containers for the child to open/close. For example: keep pens in a lunch box, keep math counters in a zip-lock bag, other items in a pencil case with a zipper, small toys in a screw-top jar (old peanut butter jars are perfect!)
- Peeling off and placing stickers – try using cheap spot stickers to decorate a picture.
- Pegboards and Lite-Brite – make a design.
- Puzzles – start with big, chunky pieces with handles and progress to regular pieces.
- Sand play – filling containers/trucks, pouring from one container to another.
- Dressing a doll or stuffy. Play with Mr Potato Head.
- Tracing around shapes, stencils. Dot-to-dot pictures. Easy pencil mazes. Paper folding activities. Using scissors to cut out pictures/shapes. Colour a picture.
- Tracing over a design – try using magic markers that change colour when you trace over the top.