

Occupational Therapy Service for Children and Young People

Activities for Pre-School children to encourage Fine Motor Skills

The following activities are recommended to help a child further develop their fine motor skills.

- Pegs/pegboards – start with larger size form boards and pegs.
- Posting toys into containers, begin with larger objects and then progress to posting smaller objects, i.e. coins into money box.
- Threading cotton reels/beads – start by threading onto a pipe cleaner, then try using a lace.
- Encourage mark-making by using paint markers, the thick handle makes them easier to grip.
- Encourage grip strength and finger isolation using Play doh games, i.e. squashing small balls of play doh, finding small hidden objects inside the playdough or pressing and rolling.
- Clothes peg games. i.e. hanging small dolls clothes on the line.
- Finger puppet games.
- Construction type games eg. Blocks or Duplo.
- Cause and effect games e.g. where the child pushes a button and an action/song occurs. Start with toys with larger buttons which the child can press with their whole hand, progress to pressing with index finger.
- Finger feeding – encourage the child to pick up raisins, chocolate buttons etc.
- Blowing Bubbles and asking child to burst them using index finger.
- Bubble wrap – asking the child to pop the bubbles using their index finger and thumb.
- Dressing dolls.
- Toys with small moving parts – doors, buttons, switches etc
- Action songs which use the hands; (can be found on Youtube)
 - 1, 2, 3, 4, 5 Once I caught a fish alive
 - This little piggy
 - Round and round the garden
 - Where are you – Tom Thumb, Peter Pointer, Toby Tall, Ruby Ring, Baby Small
- Multi-sensory play – this will provide more feedback to the hands and allow the child to feel where their hands are in space, allowing them to use the hands more effectively. Suggested materials include: Pasta or rice (these can be dyed before-and using food colouring), Sand, soil or clay, Paint, Shaving foam / squirty cream, Corn flour and water, Jelly, Play-doh.



Suggested activities: Encourage the child to use their hands to explore the textures one at a time. Place the sensory material on a tray or in a box in front of the child. Encourage the child to use their index fingers to make shapes. Hide small toys/shapes in the substance for them to find. Encourage the child to help with washing their hands and the table/surface you were playing on afterwards.

