

Activities to Improve Fine Motor & Visual Motor Skills for Pre-Schoolers

Fine Motor

- Making objects using playdoh, clay, or theraputty with playdoh tools or kitchen gadgets
- Using a scissors to cut through playdoh or thick paper to increase hand strength
- Use a spray bottle to clean windows/ mirrors /clean off white board
- Picking up small objects with large plastic tweezers or zoo sticks
- Wind-up toys, spinning tops, doodle tops (spinning top with a marker on the end)
- Craft activities such as: stamping, using stencils, and lacing shapes, cards, beads, Cheerios, or Straws
- Use an inclined surface (i.e. 3-ring binder) under paper or use an easel to promote better postural control while drawing, coloring, or painting
- Games to strengthen fine motor skills include:
 - Don't Spill the Beans; Honey Bee Tree; Don't Break the Ice; Ants in the Pants; Cootie Bugs; and Balloon Lagoon; Bed Bugs; Hungry Hungry Hippos; Mr. Mouth
- Toys to strengthen fine motor skills include:
 - Legos; K'nex; Tinker Toys; Motor Works, Mr. Potato Head; Fishing games; water squirt toys; Lite Brite; large plastic nuts and bolts; Colorform
- Hand Puppets and Finger Puppets
- Building with Pop-Beads
- Scratch Magic (Learning Express)
- Squiggle Writer Pen (Sensational Toys, Therapro)
- Painting with Q-tips or eye droppers
- Using soap foam and bath crayons in the tub
- Placing buttons or small coins into a bank – can play as a race
- Crumpling strips of paper or newspaper into balls using just one hand
- Use golf pencils or break crayons in half to facilitate a tripod grasp while drawing / coloring

Visual Motor

- Dot-to-Dots with numbers/letters
- Magna Doodle / Etch-a-Sketch
- Drawing shapes/pictures/letters/numbers in a tray of sand, salt, flour, or shaving cream
- Geoboards
- Making letters/ numbers out of playdoh, clay, Wikki Sticks
- Using chalk on a chalkboard and writing letters on a vertical surface
- Use Wikki Sticks to add a tactile component to the lines on the paper (place a Wikki Stick over the line so the child has a boundary while coloring, drawing, or writing)