

## **Fine Motor Development Toddler (1 – 3 years)**

### **1 – 1.5 years**

- Feeds self with spoon (with spills!)
- Picks up and drinks from cup without assistance (spilling still!)
- Beginning to scribble spontaneously with crayon, imitates scribble
- When colouring, holds the crayon with their whole hand with their thumb up
- Stacks towers of 2 blocks
- Can insert large wooden puzzle pieces

### **1.5 – 2 years**

- Stacks tower of 4 cubes
- Turns pages of large book
- Starts to string beads
- Snips with scissors

### **2 – 2.5 years**

- Begins to use fork
- When colouring, holds the crayon with their whole hand with their fingers towards the paper

### **2.5 – 3 years**

- Opens door knob
- Imitates horizontal line, copies circle
- Makes simple block designs (ie, train)
- Cuts more precisely on paper
- Starts to undo buttons & zippers



## **Fine-Motor Activity Ideas (1 – 3 years)**

### **1. Playdoh, putty, clay**

- Flatten dough with palm of hand, poke holes with fingers
- Insert small items into the dough (ex.: light bright pegs, coins, popsicle sticks)
- Roll into balls of different sizes, or into snakes
- Pinch dough between thumb and fingers
- Cut with scissors

### **2. Paper tearing**

- Tear strips of newspaper, tissue paper & crumple into balls
- Stuff into a paper bag to make snowmen, fish, etc
- Glue strips of paper/crumpled pieces onto another paper to make some art

### **3. Spray bottles & water guns**

- Spray plants, sand, snow, fences
- “Wash” windows or mirrors
- Add food coloring and spray onto snow;
- Spray chalk drawings to watch them “melt”

### **4. Sponges**

- Transfer water from one container to another
- Squeeze a sponge as small as possible and try to hide it in one hand!

### **5. Coins & buttons**

- Insert into a piggy bank or container with a slot cut at the top
- Pick up and arrange as part of counting/matching activities
- Pick up and turn over buttons, make designs with buttons on a page

### **6. Finger games & songs**

- Imitate gestures of songs - ie itsy bitsy spider, head & shoulders, “this little piggy”
- Put on puppet show using finger puppets

### **7. Other activities**

- Interlocking & insert puzzles
- Duplo, wooden blocks, magnetic blocks – build towers, designs, patterns
- Use single hole punch to create pictures on construction paper
- Use stapler instead of glue to attach two pieces of paper together
- Pop bubble wrap with different fingers
- Play with eye droppers in the tub, or outside – mix with food colouring for “paint”