

## **Fine Motor Development 3 – 5 years**

### **3 - 3.5 years**

- Hand preference emerging
- Fairly accurate stringing large beads
- Is able to cut with scissors along a wide line

### **3.5 – 4 years**

- Able to trace along a wide line
- Able to copy a cross and square
- Uses lacing cards
- Cuts along a wide circle
- Puts on own boots
- Modified tripod grasp on pencil

### **4 – 5 years development**

- Getting better at using fork and knife
- Able to cut along a square
- Completes 12 piece puzzle
- Able to do up zippers
- Puts on socks & shoes
- Mature tripod grasp on pencil established



## Fine-Motor Activity Ideas

### 3 – 5 years

- **Play-doh** – make your own batch, have them knead the dough, roll it out, create creatures with it, make shapes, numbers & letters, use cookie cutters
- **Scrap paper** – let your child tear it up, snip scraps with scissors, crumple
- **Clothespins/tweezers** – pick up small items, make it a race to put them in a container
- **Cleaning activities** – mist plants with a spray water bottle, spray & dust furniture, help fold the laundry, roll socks
- **Water activities**
  - squeeze water out of an eye dropper or turkey baster
  - use a squirt gun to make patterns or letters on pavement
  - transfer colored water with spoons trying not to spill
  - pour water from a small pitcher into a cup
  - water plants with a watering can
- **Craft activities**
  - cut up straws and string them to make a necklace
  - make holes with a hole punch then glue paper dots into a picture
  - peel & stick stickers onto any art project
  - string beads to make jewelry
  - squeeze glue onto paper in a pattern to make a word, their name, or a picture & add glitter or colored sand on top
  - have fun with writing or coloring utensils like gel pens, special markers and paper and let them trace, color, etc.
  - build towers out of popsicle sticks, coins, blocks – any items around the house
- **Baking & cooking**
  - Stirring/kneading cookie dough
  - Frosting & decorating cookies (especially squeezing frosting out of a tube or bag)
  - Learn how to eat with chopsticks
- **Games**
  - Spinning tops or wind-up toys
  - Connect-4 (or similar games where they need to use their pincher fingers)
  - Pick up Sticks
  - Puzzles
  - Peg board games
  - Hungry hippos, hungry frogs
  - Checkers
  - Any game that moves tokens or playing pieces
  - Marbles
  - Card games – learning to hold, flip cards, shuffle