

# Daily Fine Motor Activity Menu

20 activities organized by type — pick 2-3 daily for consistent skill building

ACTIVITY	TYPE	AGES	TIME	MATERIALS
Playdough letters / shapes	Art/Craft	2+	10 min	Playdough, letter mats
Cutting practice (lines, shapes, pictures)	Art/Craft	3+	10 min	Safety scissors, paper
Bead stringing / jewelry making	Art/Craft	3+	15 min	Beads, string or pipe cleaners
Sticker peeling and placement	Art/Craft	2+	5 min	Sticker sheets, paper
Coloring with broken crayons	Art/Craft	3+	10 min	Broken crayons (forces tripod grip)
LEGO / building block construction	Play	3+	15 min	LEGO, Magna-Tiles, K'NEX
Tweezers transfer (pompoms, beads)	Play	3+	5 min	Tweezers, small objects, muffin tin
Puzzles (increasing complexity)	Play	2+	10 min	Age-appropriate puzzles
Playing card games (holding, dealing)	Play	4+	15 min	Deck of cards
Rubber band geoboard	Play	4+	10 min	Geoboard and rubber bands
Buttoning / zipping practice	Self-Care	3+	5 min	Clothing or dressing frames
Tooth brushing (proper technique)	Self-Care	2+	2 min	Toothbrush
Hair brushing / ponytail attempts	Self-Care	4+	5 min	Brush, hair ties
Opening containers and packages	Self-Care	2+	Ongoing	Snack containers, Ziplocs
Tearing lettuce / herbs for cooking	Kitchen	2+	5 min	Lettuce, herbs
Stirring, pouring, scooping	Kitchen	2+	5 min	Measuring cups, bowls
Decorating cookies / cupcakes	Kitchen	3+	15 min	Frosting, sprinkles, squeeze bottles
Kneading dough	Kitchen	3+	10 min	Bread or pizza dough
Digging in sand or garden soil	Outdoor	2+	15 min	Shovel, bucket, soil
Picking up small nature items (acorns, pebbles)	Outdoor	2+	10 min	Collection container

### THE BROKEN CRAYON TRICK

Use broken crayons on purpose. Small crayons (1-2 inches) force the tripod grip because kids can't wrap their whole fist around them. It's the cheapest fine motor tool there is.

---

© 2026 Avaneuro · avaneuro.com · For educational purposes only. Not medical advice.