

Fine Motor Challenge

By Dotty's Place

9 Hands-On Activities for Preschool-K

COVER PAGE



Teacher's Notes

Minimal prep — uses everyday materials.

How to Use the Fine Motor Challenge

This Fine Motor Challenge is designed for preschool–kindergarten students, homeschool families, and young learners who benefit from playful, open-ended exploration. Each square on the challenge board links to a hands-on activity focused on strengthening finger muscles, building coordination, and encouraging creativity.

Here are a few ways to use the activities:

1. **Centers:** Choose 1 - 2 activities per day for rotating groups.
2. **Morning Tubs:** Place materials on tables and let students choose a square.
3. **Small Groups:** Use the half-sheet instructions to guide skill practice.
4. **Home Practice:** Simple activities families can do with everyday items.
5. **Early Finishers:** A calm, productive option after tasks are completed.

There is no required order. Children can explore freely!

Encourage students to talk about what they built, sorted, traced, counted, or created.

Skills Covered

These activities support early developmental skills, including:

Fine Motor Skills

- Pinching
- Grasping
- Squeezing
- Threading
- Cutting
- Stabilizing objects
- Strengthening finger/hand muscles

Hand-Eye Coordination

- Aiming and tossing
- Placing items precisely
- Matching shapes or colors

Pre-Writing Skills

- Line control
- Tracing
- Drawing simple shapes
- Building bilateral coordination

Cognitive & STEM Skills

- Problem-solving
- Estimating
- Categorizing
- Comparing
- Building structures

Each activity blends exploration with foundational readiness skills.

- Aligned with early childhood fine motor developmental milestones.

Materials Checklist

All activities use inexpensive or household materials.
Gather what you have on hand:

- Paper
- Crayons or markers
- Playdough
- Scissors
- Tape
- Containers, cups, or bowls
- Blocks or small boxes
- Yarn or string
- Egg cartons or muffin tins
- Tweezers, tongs, or clothespins
- Beads or pasta
- Soft objects (ball of paper, pom-poms, etc.)

You do not need all materials at once—each activity lists only what is needed. You only need materials for the activity you choose. Feel free to adapt activities as needed or use alternative materials.

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Thank you for downloading this Fine Motor Challenge!
This resource was created with great care to support children's learning through hands-on exploration.

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Credits / About Dotty's Place

Dotty's Place is a nonprofit dedicated to making hands-on STEM learning fun and accessible for young children. We create open-ended activities, learning kits, and community events that help children explore, invent, and build confidence.

*To learn more, visit:
www.dottysplace.org*