

Fine Motor Challenge

9 Hands-On Activities for Preschool-K



Choose a square and complete the activity.

When you're ready, pick another one!

Use the matching half-sheet for picture instructions.

Try to get 3 in a row... or do as many as you can!

1

Pinch & Pick



Items Needed



Egg carton,
jar, or cup

Tweezers, Tongs, Small objects or
clothes pins

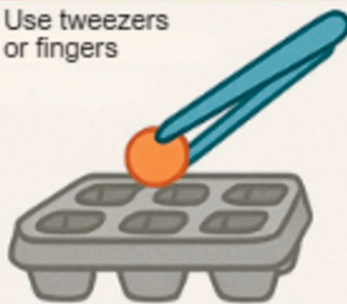
1 Choose & Guess

Pick a container.
Guess how many items
it will hold.



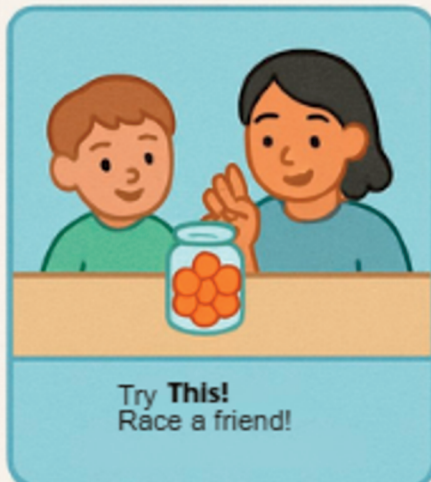
2 Pinch & Place

Use tweezers
or fingers



3 Count & Compare

Count with parent
or friend



Try **This!**
Race a friend!

2

ROLL & SQUISH

YOU'LL NEED

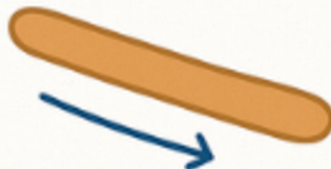


playdough

1 FORM A BALL



2 ROLL INTO A SNAKE



3 SQUISH IT FLAT



Make different shapes!

STACK IT UP



ITEMS NEEDED



Blocks



Small boxes



Plastic cups



Flat surface

1



Find & Choose

2



Stack & Balance

3



Observe & Adjust

TRY THIS!
Try stacking different kinds of things together!
[boxes, blocks, and cups]

Compare your stacks.
Which one is taller,
wider, or wobblier?



CUT & CLIP



Items Needed



String or yarn



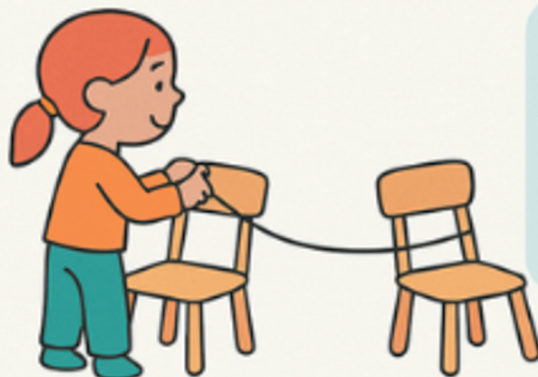
Paper



scissors and
clothes pins



Crayons
or markers



1 Stretch the Line

2



Cut & Decorate

3



3 Clip & Create!

Try This!

Try hanging different things.
[paper crowns, small books, etc.]
or have a pretend "laundry day."
What will your line become today?



Grab & Toss



Items Needed



paper



bucket



marker



soft object



wad up paper



make a target

TRY THIS!

Make it a game!
Count the number
of baskets you make!

THREAD & PULL

ITEMS NEEDED



beads



pasta



yarn



string



pipe cleaner

1



2



3



TRY THIS:
Make holes in
cardboard



7

Draw & Trace



crayon



pencil



paper



leaves



toy

1

Gather
your things



2

Draw
lines



3

Trace
shapes



TRY THIS!

Gather toys and leaves.
Trace around them
to make your own
picture or story!



8

Sort & Match

1 Gather things



2 Make groups



3 Tell your rule



COLOR



SIZE



SHAPE

Try This!

Draw one of your groups!
Use your picture to tell
someone your sorting rule.

INVENT & CREATE

ITEMS NEEDED



Blocks



Crayons



Paper



Tape



Playdough

1 Get your materials



2 Create something



3 Make it yours



Try This!

Use your materials to invent something new, Can you tell a story about you made?