



Preschool Fine Motor Skills (Ages 3-5)

These are important fine motor skills preschool children should be developing and practicing throughout ages 3-5.



Hand & Finger Strength

- Holding crayons, markers, and pencils correctly
- Using child-safe scissors
- Squeezing glue bottles or clothespins
- Manipulating small objects with fingers



Pre-Writing Skills

- Drawing lines, circles, and simple shapes
- Tracing letters and names
- Coloring within boundaries
- Beginning to write first name



Hand-Eye Coordination

- Stringing beads
- Completing simple puzzles
- Building with blocks or LEGOs
- Pouring and scooping independently



Self-Help Skills

- Buttoning and unbuttoning
- Zipping coats
- Opening containers/snack bags
- Using utensils properly



Bilateral Coordination

- Using both hands together during tasks
- Stabilizing paper while coloring/cutting
- Rolling playdough with both hands
- Tearing paper with control





Fine Motor Activities

to Practice at Home



These fun, hands-on activities help preschoolers strengthen fine motor skills while learning through play.



Easy Everyday Activities

- Playdough rolling, pinching, and cutting
- Coloring and sticker books
- Cutting strips of paper with scissors
- Water painting with paintbrushes
- Peeling stickers or tape



Strength-Building Activities

- Using spray bottles
- Squeezing sponges during water play
- Picking up pom-poms with tongs or tweezers
- Clothespin games
- Crumpling paper into balls



Pre-Writing Activities

- Tracing in shaving cream or sand
- Dot markers and connect-the-dots
- Sidewalk chalk drawing
- Maze books
- Drawing shapes and simple pictures



Coordination Activities

- Stringing beads or cereal necklaces
- LEGO or Duplo building
- Simple sewing/lacing cards
- Puzzles
- Sorting coins or buttons



Practical Life Skills

- Helping cook and stir ingredients
- Opening lunch containers
- Folding washcloths
- Using kid utensils during meals
- Practicing buttons and zippers on dress-up clothes



Bonus Tip: The best fine motor practice at this age should feel like play — short, hands-on activities done consistently are more effective than long worksheets.

