



30 Days of Fine Motor Activities (Ages 0-6)

Fine motor skills are small hand and finger movements that help children with writing, eating, and daily tasks like buttoning clothes. You don't need expensive toys—most materials can be found at home. Do these for 10-15 minutes a day.

Week 1: Getting Started with Hands

Activity	Description
1. Sort Buttons	Put different buttons in a bowl. Ask your child to separate them by size or color. Skill: sorting, hand control.
2. Color with Crayons	Give thick crayons and scrap paper. Let them draw lines, shapes, or even "scribble." Skill: grip strength.
3. Paper Clips on Paper	Show your child how to clip paper clips on the edge of bond paper. Skill: finger coordination.
4. Make a Sock Puppet	Use an old sock, glue paper eyes, or draw with markers. Let your child "talk" with it. Skill: creativity, hand use.
5. Cut a Straight Line	Draw a straight line on paper. Give child-safe scissors and guide them as they cut. Skill: scissor control.
6. Make a Pasta Necklace	Thread pasta (macaroni/penne) on string or yarn. Color the pasta with food coloring if you want. Skill: hand-eye coordination.
7. Paper Garlands	Cut strips of paper, loop them into circles, and tape to make chains. Skill: cutting + gluing.

SMALL ROUTINES LEAD TO BIG PROGRESS



30 Days of Fine Motor Activities (Ages 0-6)

Fine motor skills are small hand and finger movements that help children with writing, eating, and daily tasks like buttoning clothes. You don't need expensive toys—most materials can be found at home. Do these for 10-15 minutes a day.

Week 2: Creative & Nature Fun

Activity	Description
8. Collect and Paint Rocks	Pick rocks outside. Use washable paint to decorate. Skill: painting, grip.
9. Do a Puzzle	Start with 2-3 piece puzzles for small kids; increase difficulty as they grow. Skill: problem solving.
10 Paint with Cotton Buds	Dip cotton buds in paint and make dots on paper. Skill: precision.
11. Pick Up Pom-Poms with Tweezers	Use kitchen tongs or tweezers to move pom-poms into a cup. Skill: finger strength.
12. Make a Flower Bouquet	Arrange real flowers in a cup, or cut paper flowers and tape them to straws. Skill: arranging, creativity.
13. Sharpen a Pencil	Show how to use a sharpener. Let them try with supervision. Skill: hand twisting.
14. Thread Straw Pieces	Cut straws into pieces and thread them on yarn. Skill: threading, patience.

SMALL ROUTINES LEAD TO BIG PROGRESS



30 Days of Fine Motor Activities (Ages 0-6)

Fine motor skills are small hand and finger movements that help children with writing, eating, and daily tasks like buttoning clothes. You don't need expensive toys—most materials can be found at home. Do these for 10-15 minutes a day.

Week 3: Building Daily Skills

Activity	Description
15. Tear Paper	Let kids tear old newspaper or magazine pages into strips. Skill: finger strength.
16. Sticker Fun	Let them peel stickers and stick them to paper. Skill: finger dexterity.
17. Finger Painting	Use washable paint (or ketchup on paper for safe play). Let them smear and make shapes. Skill: sensory play.
18. Clothespin Challenge	Clip clothespins onto cardboard edges. Skill: pinch grip.
19. Make Shapes with Clay	Use playdough (or homemade version: flour + salt + water + oil). Make balls, snakes, or shapes. Skill: squeezing muscles.
20. Spoon Transfer	Transfer beans or rice from one bowl to another using a spoon. Skill: coordination, control.
21. Thread Shoelaces	Practice threading laces through shoes or cardboard with holes. Skill: independence skill.

SMALL ROUTINES LEAD TO BIG PROGRESS

30 Days of Fine Motor Activities (Ages 0-6)

Fine motor skills are small hand and finger movements that help children with writing, eating, and daily tasks like buttoning clothes. You don't need expensive toys—most materials can be found at home. Do these for 10-15 minutes a day.

Week 4: Fun and Challenging

Activity	Description
22. Button a Shirt	Let kids tear old newspaper or magazine pages into strips. Skill: finger strength.
23. Open and Close Containers	Practice twisting bottle caps, food containers, or lunchboxes. Skill: everyday independence.
24. Sort Coins	Sort ₱1, ₱5, ₱10 coins by size. Skill: sorting, life skill.
25. Fold Paper	Teach folding paper in half, then into quarters. Skill: sequencing.
26. Draw Shapes	Practice circles, triangles, and squares. Skill: pre-writing.
27. Build with Blocks	Use Lego, wooden blocks, or even tissue boxes. Skill: stacking, balance.
28. Stack Beads on a Toothpick Clay	Stick a toothpick in clay and let kids stack beads. Skill: steady hand control.

SMALL ROUTINES LEAD TO BIG PROGRESS



30 Days of Fine Motor Activities (Ages 0-6)

Fine motor skills are small hand and finger movements that help children with writing, eating, and daily tasks like buttoning clothes. You don't need expensive toys—most materials can be found at home. Do these for 10-15 minutes a day.

Week 4: Fun and Challenging

Activity	Description
29. Spray with Water Bottle	Let your child spray plants with water. Skill: finger muscles.
30. Brain Gym with Hands	Do simple finger games: tap each finger to thumb, clap patterns, or "follow the hand." Skill: coordination.

Parent Notes

- Supervise always when using small objects (coins, buttons, beads).
- If your child struggles, break tasks into smaller steps.
- Use praise: "Wow, you clipped three papers!" not just "Good job."
- Repetition builds skill, repeat favorites often.

SMALL ROUTINES LEAD TO BIG PROGRESS