



**READY
FOR
KINDER**

Helping Parents
Help Little
Learners

Fine Motor Skills at Home

10 Fun Activities to Build Little Hands for Big Learning

These simple, playful activities strengthen hand muscles, coordination, and focus —getting your child ready for writing, cutting, and more in kindergarten.

✓ 1. Playdough Power

- Roll “snakes” and “balls”
- Pinch, squish, and flatten
- Hide small beads inside for your child to find

✓ 2. Scissor Practice

- Cut along straight and zig-zag lines
- Try cutting around simple shapes (circle, square)
- Use old magazines for practice cutting

✓ 3. Bead & Pasta Threading

- String beads or dry pasta onto yarn or shoelaces
- Create “jewelry” or simple patterns

✓ 4. Sticker Fun

- Peel stickers and place them on paper
- Try making sticker patterns or sticker “roads”

✓ 5. Clothespin Challenge

- Clip clothespins onto a paper plate or container edge
- Have your child squeeze and remove them

✓ 6. Drawing & Tracing

- Trace shapes, letters, or their name
- Free draw pictures or practice coloring inside the lines

✓ 7. Tongs & Tweezers Game

- Use kitchen tongs or tweezers to pick up pom-poms, cotton balls, or cereal
- Sort items by size or color

✓ 8. Building Fun

- Stack blocks, LEGO, or magnetic tiles
- Build tall towers or follow a simple pattern

✓ 9. Button & Zip Practice

- Practice buttoning shirts or zipping coats
- Create a “button snake” (a button sewn to a ribbon that kids push through felt squares with slits)

✓ 10. Everyday Helpers

- Pour cereal into a bowl
- Stir batter when baking
- Fold washcloths or match socks

✨ Tip for Parents: Try 10-15 minutes of fine motor play each day. Small, consistent practice adds up and makes a big difference in school readiness.