

Fine Motor Skills Worksheets

Strengthen hand muscles for writing readiness • Ages 3–5

For Parents

- These activities build the small muscles needed for writing.
- Use proper pencil grip: thumb and pointer finger, resting on middle finger.
- Keep sessions short: 5–10 minutes is plenty.
- Praise effort and improvement, not perfection.
- Pair with hands-on activities: playdough, beads, cutting.

Straight Line Tracing

Trace along each dotted line from left to right:



Zigzag Lines

Trace the zigzag pattern:





Circle Tracing

Trace each circle carefully:



Cutting Practice Lines

Cut along each line with safety scissors (parent supervision required):

