

Fine Motor Activity Cards (Age 3)

10 easy activities to build hand strength and coordination

How to Use These Cards

- Pick 1–2 activities per day (3–5 minutes each).
- Start with warm-up activities (playdough or sponge squeeze).
- Let your child lead — stop before they lose interest.
- Pair with drawing practice for best results.

10 Fine Motor Activities

1. Playdough Squeeze

- Squeeze, pinch, roll, flatten. Pinch off small pieces for extra challenge.

2. Sticker Peel and Stick

- Peel stickers off sheet, press onto paper. Builds pincer grasp.

3. Water Pouring

- Pour water between two cups. Builds wrist control.

4. Tearing Paper

- Tear paper into strips or pieces. Uses both hands in opposite directions.

5. Clothespin Pinch

- Clip clothespins onto bowl edges or cardboard. Builds scissor muscles.

6. Threading and Lacing

- Thread large beads onto pipe cleaners or thick string.

7. Sponge Squeeze

- Dip sponge in water, squeeze into empty bowl. Repeat.

8. Drawing Lines and Circles

- Trace over lines and circles. Vertical first, then horizontal, then circles.

9. Tongs Transfer

- Use kitchen tongs to move cotton balls or pom-poms between plates.

10. Finger Painting

- Press, spread, swirl paint with individual fingers.

Scissor Readiness Steps

- Step 1: Build hand strength (playdough, clothespins, sponge squeeze)
- Step 2: Snipping — single cuts on narrow paper strips
- Step 3: Cut along a thick straight line
- Step 4: Always supervise with child-safe scissors

Pre-Writing Strokes (Before Letters)

- Vertical lines (top to bottom)
- Horizontal lines (left to right)
- Circles (closed round shape)
- Cross (+) shape (usually age 3.5–4)

10-Minute Daily Routine

Minutes 1–3 — Warm up (playdough or sponge squeeze)

Minutes 4–6 — One activity from the list above

Minutes 7–8 — Drawing practice (trace lines or circles)

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Minutes 9–10 — Self-care practice (buttons, zippers, containers)

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