

Activities to Improve Fine Motor Coordination in Hands

These are activities to increase the coordination in your hands. Your therapist will instruct you on how often you should do each activity.

- Shuffle and deal cards.
- Trace a design with a pen.
- Make a chain of paper clips.
- Pick up small beans and put them in a cup or straw.
- Pick up hooks and eyes and put them in a medicine bottle. You can buy hooks and eyes in sewing sections of stores.
- Pick up coins and place them in a coin purse or wallet.
- Put clothes pins on the side of a cup.
- Screw and unscrew nuts and bolts.
- Pick up toothpicks with a tweezers.
- Fold, crumple or tear paper or tissue.
- String beads or macaroni on a string.
- Use an ipad or smart phone.
- Lace shoes and tie them.
- Stack coins or wrap them in coin wrappers.
- Pick up marbles and hold as many as you can in your hand.
- Play a game with small pegs or playing pieces.
- Bounce a small ball and catch it.
- Practice buttoning.
- Practice putting on and taking off jewelry, such as a watch or bracelet.
- String beads or buttons.
- Sew with needle and thread.
- Cut out coupons.

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