Busy Hands: Fine Motor Practice Cards

Build-Your-Own Busy Hands

Same 6-card layout — write in your own go-to activities and the skill each builds.

This belongs to: _____

Fill in six go-to activities, and write in the skill each one builds —
grip strength, pincer grip, finger isolation, or bilateral coordination.

A menu to rotate through, not a sequence — any card, any order, any day.

1

2

3

4

5

6

Small hands, big practice.

None of this needs to be "activity time" — it works just as well dropped into ordinary play.

The skill-building comes from repetition, not from a perfect setup.