Busy Hands: Fine Motor Practice Cards

Busy Hands Cards

6 practice activities, each tagged with the specific hand skill it builds.

This belongs to: _____

Pick a card based on what your child needs more of this week — not just whichever one is most fun. Each one builds a different hand skill.

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

1



GRIP STRENGTH

Squeeze Play Dough

2



PINCER GRIP

String Big Beads

3



FINGER ISOLATION

Finger Paint

4



BILATERAL COORDINATION

Pour Your Own Drink

5



BILATERAL COORDINATION

Practice Buttons & Snaps

6



PINCER GRIP

Snip with Safety Scissors

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.