



Queen Alexandra College

FINE MOTOR EXERCISES

The below links provide activities and exercises on flashcards that you can view online or download and print to use at home:

- [Fine Motor Definitions](#)
- [Baking Skills](#)
- [Board Games and Puzzles](#)
- [Cereal Patterns](#)
- [Dough Play](#)
- [Glove](#)
- [Lids](#)
- [Mega Blocks or Lego](#)
- [Pasta Bottles](#)
- [Pegging](#)
- [Posting](#)
- [Putty – V-Push](#)
- [Putty – 2 Hand Key Pinch](#)





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- [Putty – Full Squeeze](#)
- [Putty – Hook](#)
- [Putty – Key Pinch](#)
- [Putty – Palmer Pinch](#)
- [Putty – Pull](#)
- [Putty – Straight Finger Roll](#)
- [Putty – Thumb Dig](#)
- [Putty – Tip Pinch](#)
- [Sorting Spoons](#)
- [Warm Ups – Finger Bends](#)
- [Warm Ups – Finger Spread](#)
- [Warm Ups – Make a Fist](#)
- [Warm Ups – Sequential Finger Touching](#)
- [Warm Ups – Wrist Bends](#)
- [Warm Ups – Wrist Rotation](#)
- [Warm Ups – Wrist Wave](#)

