

FREE PRINTABLE

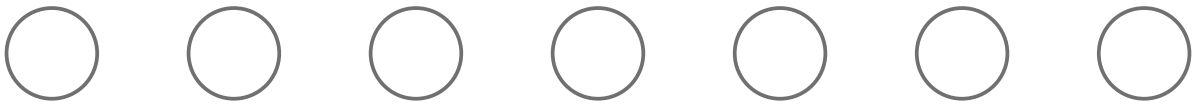
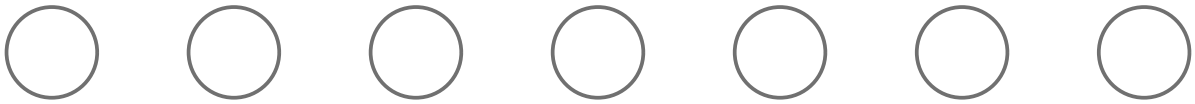
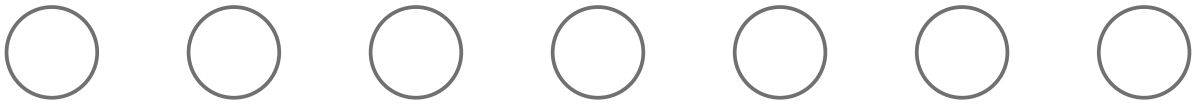
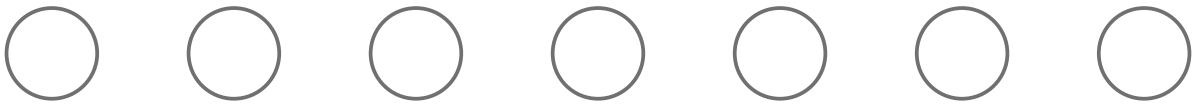
Fine Motor Starter Pack

Dot-marker, cutting, and tracing pages for little hands -- ages
2-5.

10 pages · Ages 2-5 · PDF, US Letter

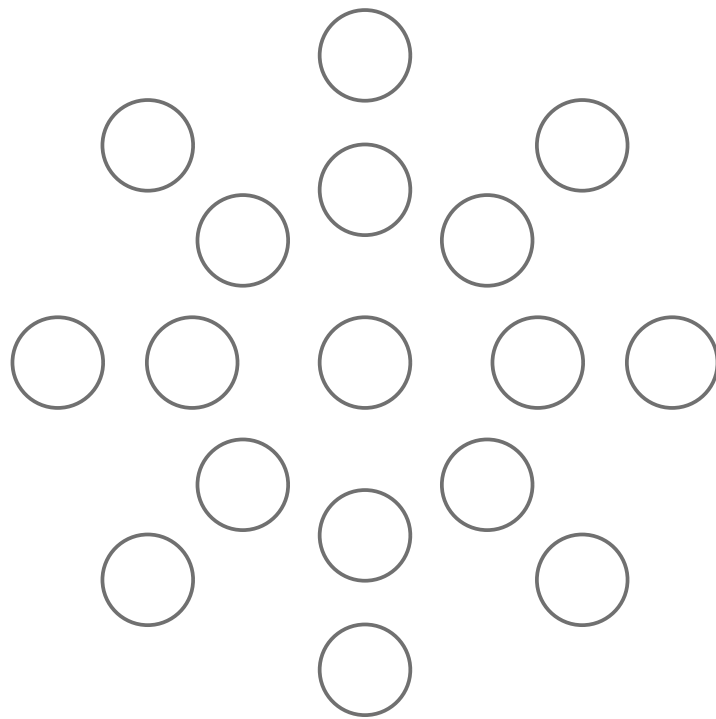
Dab the dots: caterpillar

Use a dot marker, sticker, or fingertip.

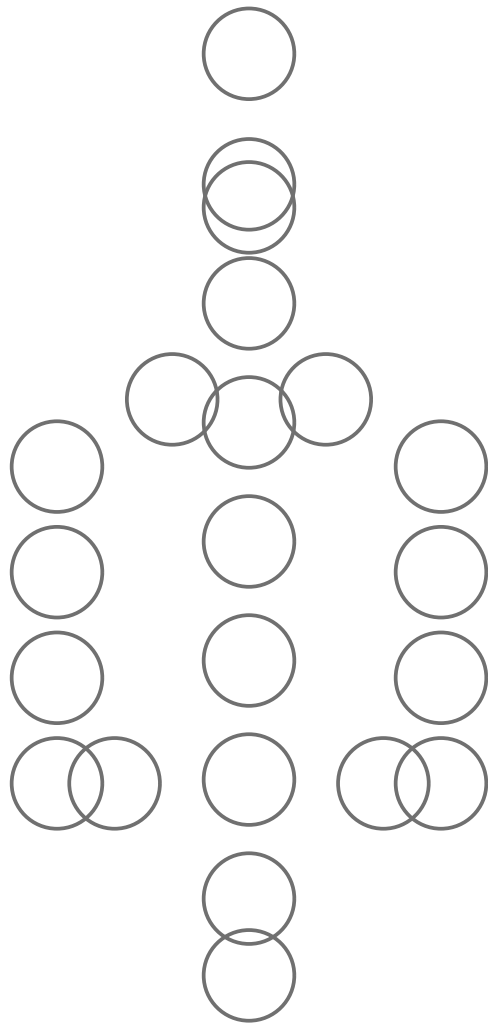


Dab the dots: flower

One color per page, or make it a rainbow.



Dab the dots: rocket

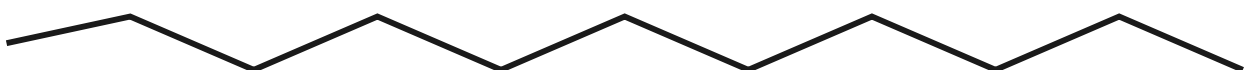
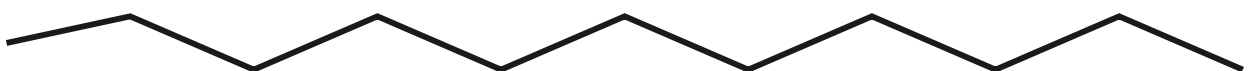
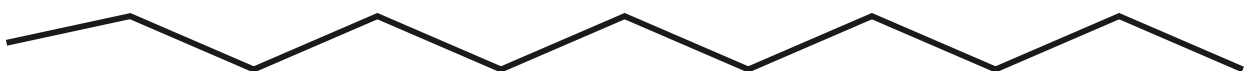
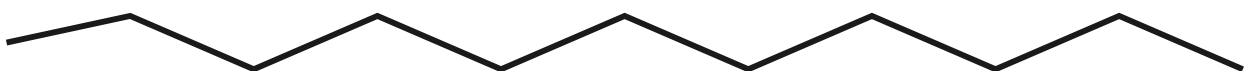
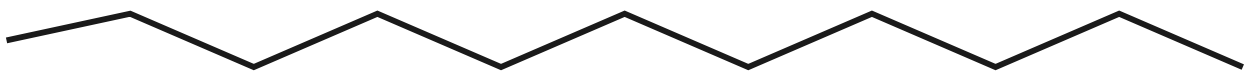
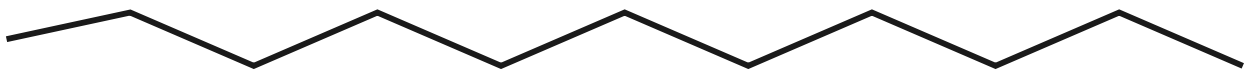
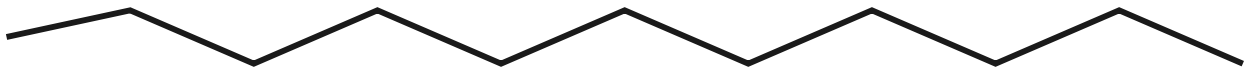
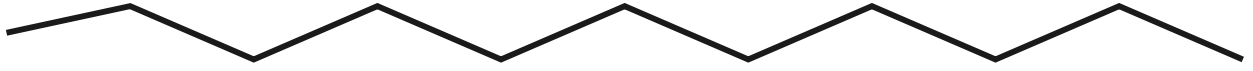


Snip the lines: straight

Cut along each line. Thumbs up on the scissors!

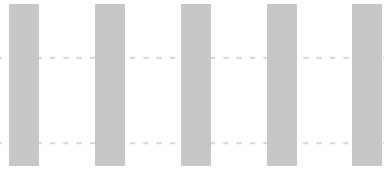


Snip the lines: zigzag



Trace the lines

Trace each row left to right.



Fine motor milestones by age

A quick reference for parents.

Ages 2-3

Refined pincer grasp (thumb + finger), stacks 4-6 blocks, scribbles, turns book pages, starts snipping paper with help.

Ages 3-4

Builds taller towers, threads large beads, makes single scissor snips and short cuts, copies a circle, undoes large buttons.

Ages 4-5

Cuts along a line, draws a person with a few parts, uses a tripod (3-finger) pencil grip, copies a cross/square, dresses with little help.

Ages 5-6

Cuts out simple shapes, writes some letters and their name, mature pencil control emerging.

When to ask an OT

If a child avoids or tires quickly with hand activities, can't isolate fingers, isn't snipping paper by ~4-5, or can't hold a crayon to make marks. Ask your pediatrician for a referral -- early support is low-risk.

Want more activities like these?

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