

Toddler Fine Motor Activity Tracker

20 Activities for Ages 1-3

FamilyHobbyHub.com

1. Squeezing & Pinching

- ☐ Clothespin drop
- ☐ Sponge squeeze transfer
- ☐ Playdough pinching
- ☐ Pom-pom tongs transfer
- ☐ Bubble wrap popping

2. Pouring & Scooping

- ☐ Dry rice/pasta pouring station
- ☐ Water pouring in bath or sink
- ☐ Scooping & dumping sensory bin
- ☐ Ice cube tray fill
- ☐ Funnel and bottle play

3. Threading, Stacking & Building

- ☐ Large bead threading
- ☐ Cheerio/cereal threading
- ☐ Block stacking towers
- ☐ Stacking cups
- ☐ Button or lid sorting into muffin tins

4. Drawing, Painting & Pre-Writing

- ☐ Chunky crayon scribbling
- ☐ Painting with cotton swabs
- ☐ Sticker peeling and placing
- ☐ Finger painting
- ☐ Chalk on the sidewalk

Pro Tip

Supervise anything small — beads, buttons, and pom-poms are choking hazards for toddlers who still mouth toys.