



FINE MOTOR SKILLS

CHECKLISTS FOR AGES 0-6+

For Parents, Teachers, and Therapists

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All activities are designed to be completed with adult supervision. Please use your judgment when setting up these activities for your child and do not provide items that could pose a choking hazard for young children. Never leave a child unattended when completing any of these activities. Please also be aware of all age recommendations on the products you are using with your child. The author is not liable for any injury caused to your child while completing any of these activities.

FINE MOTOR SKILLS CHECKLIST

For Infants and Babies (0 - 18 months old)

0-3 months

- ☐ Hands are in a fisted position.
- ☐ Arm movements are random and not controlled.
- ☐ Will watch the movement of their hands and brings their hands to their mouth.
- ☐ Will swing at targets (toys, person) using their whole arm.
- ☐ Will follow a person's movements with their eyes (within a few inches from their face).
- ☐ Will begin to hold objects in their hands.

3-6 months old

- ☐ Reaches for toys using both arms.
- ☐ Begins to transfer objects from one hand to another.
- ☐ Holds hands together.
- ☐ Begins to notice objects a few feet away.

6-9 months old

- ☐ Begin to grasp and hold onto objects.
- ☐ Uses a raking grasp to move objects with fingers.
- ☐ Looking for one object while holding another.
- ☐ Pokes at objects using their index finger.
- ☐ Takes objects to their mouth.
- ☐ Explore textures and sensory input with the mouth.
- ☐ Begin to hold a bottle.
- ☐ Squeezes objects with their fist.
- ☐ Play with their own hands.

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FINE MOTOR SKILLS CHECKLIST

For Infants and Babies (0 - 18 months old)

9-12 months

- ☐ Begins to feed themselves finger foods.
- ☐ Will turn pages in a book a few pages at a time.
- ☐ Begins to put small objects in a cup or container.
- ☐ Pincer grasp develops (using index finger and thumb to grasp objects).
- ☐ Transfers objects between hands (beginning of crossing midline skills).
- ☐ Grabs crayons with a fistful grasp.
- ☐ Can hold two small objects in one hand.
- ☐ Begins to show a preference for one hand over the other (beginning development of right handed vs. left handed).

12-18 months old

- ☐ Can build a tower of 2 blocks high.
- ☐ Claps hands together (beginning of bilateral coordination).
- ☐ Waves goodbye.
- ☐ Can scoop objects with a spoon or small shovel.
- ☐ Bangs objects together using both hands (beginning of bilateral coordination).
- ☐ Puts small objects into a container.
- ☐ Scribbles with crayons on paper.

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FINE MOTOR SKILLS CHECKLIST

For Toddlers (18 months - 36 months)

18-24 months

- ☐ Can put rings on pegs.
- ☐ Begins to hold a crayon with finger tips and thumb.
- ☐ Removes pegs from a pegboard.
- ☐ Marks or scribbles with a crayon or pencil.
- ☐ Can build a tower 3-4 blocks high.
- ☐ Can open loosely wrapped packages or containers.
- ☐ Begins to make snips on paper with scissors (closer to 24 months old).
- ☐ Can turn pages in a book one page at a time.

24 months old

- ☐ Manipulates clay or play dough with fingers.
- ☐ Can build a tower 9 blocks high.
- ☐ Can turn doorknobs.
- ☐ Can pick up small objects with pincer grasp (index finger and thumb).
- ☐ Can complete 3 piece puzzles.
- ☐ Makes scribbles on paper.
- ☐ Makes snips on paper with scissors.
- ☐ Can wash hands independently.
- ☐ Can screw lids on and off containers.
- ☐ Able to string large beads.
- ☐ Zips and unzips large zippers.
- ☐ Able to use a spoon correctly.

36 months old

- ☐ Able to cut a piece of paper in half.
- ☐ Can copy pre-writing lines (vertical, horizontal, and circle shapes).
- ☐ Able to complete lacing cards.
- ☐ Can cut a long, wide line with 1/2" accuracy.
- ☐ Able to string 1/2 inch beads.
- ☐ Can sort objects by color, size, types etc.
- ☐ Able to fasten and unfasten large buttons.

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FINE MOTOR SKILLS CHECKLIST

For Preschoolers (Ages 3 to 5 Years Old)

3 Years Old

- ☐ Can draw a circle after being shown model.
- ☐ Cuts a piece of paper in half.
- ☐ Copies prewriting lines of vertical, horizontal, and circle shapes.
- ☐ Laces a card.
- ☐ Can unbutton large buttons.
- ☐ Can cut a long a wide line with 1/2" accuracy.
- ☐ Will string 1/2 inch beads.
- ☐ Sorts objects.

4 Years Old

- ☐ Can copy cross shapes, right and left oblique lines “/” “\”, square and X shapes.
- ☐ Can touch the tip of each finger to their thumb.
- ☐ Will fasten and unfasten large buttons.
- ☐ Can color within a picture with no more than 1/4" deviations from the coloring lines.
- ☐ Cuts along a line with no more than 1/8-1/4 inch deviation from the line.
- ☐ Can cut big circles with scissors.
- ☐ Can move the paper while cutting along a line.
- ☐ Completes puzzles of 4-5 pieces.
- ☐ Can use a fork correctly.
- ☐ Can get dressed and undressed without help.
- ☐ Uses dominate hand.

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FINE MOTOR SKILLS CHECKLIST

For Preschoolers (Ages 3-5 Years Old)

5 Years Old

- ☐ Grasps a pencil correctly.
- ☐ Begins to print their name.
- ☐ Copies a triangle shape.
- ☐ Cuts out a circle.
- ☐ Opens a lock with a key.
- ☐ Draw a diamond shape when given a model.
- ☐ Draws a person with at least 6 different body parts.
- ☐ Can tie their shoes.

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FINE MOTOR SKILLS CHECKLIST

For Early Elementary (Ages 6 Years +)

6 Years Old

- ☐ Can copy first name.
- ☐ Builds a small structure with blocks.
- ☐ Can put a 16-20 piece puzzle together.
- ☐ Uses a knife to cut food.
- ☐ Cuts well with scissors, no deviations from the cutting line.
- ☐ Prints 3 or more simple words.
- ☐ Can print all numbers 0-9.
- ☐ Can print all letters of the alphabet, upper case and lower case.

6 Years Old +

- ☐ Fully developed eye-hand coordination.
- ☐ Use all eating utensils appropriately.
- ☐ Help with household chores (sweeping, moping, dusting etc).
- ☐ Able to take care of pets (feeding, grooming, walking etc).
- ☐ Draw detailed and complex shapes or pictures.
- ☐ Begin to develop writing and handwriting habits and skills.
- ☐ Can compete in sports activities appropriately.
- ☐ Have hobbies they enjoy and complete independently.
- ☐ Learn a musical instrument.
- ☐ Begin computer skills and use video games.
- ☐ Are able to draw with greater control and precision.
- ☐ Ride a two-wheeled bike.
- ☐ Learning swimming skills.
- ☐ Move in time to the beat or rhythm of music.
- ☐ Able to twist and spin in one place.
- ☐ Are able to combine motor skills such as running and kicking or moves to music.

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