

# FINE MOTOR ACTIVITIES

- How many clothes pegs can the children peg around the edge of the box/bowl in 1 minute? Which child can peg the most if playing against a partner etc
- How many small beads/pieces of lego etc. can children pick up in a minute with tweezers/their finger and thumb?
- Have mixtures such as dried pasta and peas. Can children separate the mixture using large tweezers/their finger and thumb?
- Can children use scissors to cut out any shapes – ensure children have correct scissor grip at all times.
- Make and melt monsters - Draw monsters with felt tip pens and then using eye droppers drip water on them and watch the monsters 'melt'.
- Make and use Playdough (see recipe below) to support fine motor skills. Encourage the children to pull, squeeze, roll, twist it etc. Sometimes using the palms of their hands, other times using their fingertips. They can also prick out designs using cocktail sticks in the dough.
- How many bubble wrap bubbles can they pop?
- Threading beads/cheerio's onto a string
- How many paper clips can they join together?
- Make a simple outline drawing, ask children to stick string/wool onto these outlines.
- Play games that encourage strength in the shoulders eg: wheelbarrows, crabs, wall push ups etc
- Make holes in a piece of card. Children can then thread wool/ribbon through these.
- Play games such as tiddly winks or the frogs where you press their backs to make them jump.
- Practice doing up buttons and zips quickly.
- Upright surfaces promote fine motor skills so do things such as painting on easels, sticking paper on the walls to write and draw on, writing on chalk boards/whiteboards etc.
- Scrunching up sheets of newspaper with 1 hand (to then stuff something with eg: a sock puppet or just have a snowball fight)
- Play board games requiring children to turn over cards/counters BUT they cannot slide them to the edge of the table to do so.
- Tracing round stencils, plates, cups etc.
- Taking lids on and off small Tupperware containers

## PLAYDOUGH RECIPE

- 3 cups of flour
  - 1 cup of salt
  - 3 tablespoons cream of tartar
  - 3 tablespoons oil
  - 3 cups of boiling water
- Mix all the ingredients together over a slow heat until they form a dough.