








Activities to practice and develop fine motor skills

We use fine motor skills to make small movements using the small muscles in our hands and wrists. It is important to help children practice and develop these skills that they will need to feed themselves, dress themselves (especially buttons and zips), manipulate small objects, to develop writing, drawing, cutting with scissors and many other skills.

Here are some fun activities you might like to try at home.

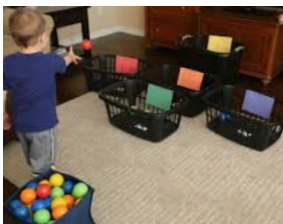
 	<p>Make a tower of wooden bricks</p> <ul style="list-style-type: none"> Count the bricks as they are added to the tower. How many can you add before it falls down? If you have different coloured bricks, make a red tower, a yellow tower, etc. Which is the tallest? Make some different models with your bricks. Take a photograph and store on your phone or iPad. Show your child the photograph and get them to copy your model <p>Extension activities:</p> <ul style="list-style-type: none"> Measure how tall your tower is using your hand spans, etc. Can you build a tower the same height as your chair, etc? Count or time how long it takes to put 15 bricks in a tower If you have a small number of Duplo bricks, then you can explore the Lego 6 Bricks booklet. The free booklet can be found here: https://www.legofoundation.com/media/1070/sixbricks_ok_print.pdf
 	<p>Threading activities</p> <ul style="list-style-type: none"> Cheerios (cereal rings) on to a shoelace to make an edible necklace Paint or colour pasta tubes and thread them on to a shoelace or string (with tape on the end to make it easier to thread) to make a necklace or a long snake <p>Extension activity:</p> <ul style="list-style-type: none"> Make a pattern using two colours (e.g. red, blue, red, blue, etc.) or three colours (e.g. red, blue, yellow, red, blue, yellow, etc.)
	<p>Push some spaghetti into a ball of playdough (see playdough handout for recipe). Thread beads, cheerios etc. on to the spaghetti without breaking it</p>
 	<p>Collect used water bottles or other drinks bottles. Post different objects into each bottle- dried peas, small pasta, beads, dried chick peas, etc. Glue the lid on and you have a set of shakers to use when you are singing.</p> <p>Extension activities:</p> <ul style="list-style-type: none"> Write a different number on each bottle. Can your child put the right number of beans etc. in each bottle. If we choose two bottles and add them together, how many beans do we have altogether?



Make a clothes line for your child to peg small items of clothes on to.

Extension activity:

- Get your child to peg matching socks together
- Count how many altogether, counting on in two's (2, 4, 6, 8, etc.)



Collect:

- Objects for your child to throw, such as small balls, clothes pegs, pine cones, Duplo building bricks, wooden bricks, etc. and place them in a box or tub
- Containers to throw the objects in to

Put the container on the floor or a chair and place a mark (a line, a small mat, a piece of paper) 1m away for your child to stand on.

Count down (3, 2, 1 Go) for your child to throw each object into the container.

(If your child is missing the container, move it closer to them).

Extension activities:

- Time how many you can get in the container in 1 minute
- Use tally marks to keep a score

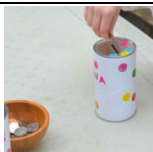
1	I	6	
2	II	7	I
3	III	8	II
4	IIII	9	III
5		10	IIII

- Do the activity each day for a week and record the score. For example:

Monday	Tuesday	Wednesday	Thursday	Friday

At the end of the week, make a block graph, such as:

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
	Monday	Tuesday	Wednesday	Thursday	Friday



Collect small coins and place in a purse or bowl.

Find a container with a lid that you can make a slot in for the coins to be posted through. Decorate the container together.

Post coins into the container.

Extension activities:

- Find all the 1p coins and post them in the container, then the 2p coins, etc.
- Give your child a total of, for example 10p or 12p, and help them make this number up using different coins, and then post them in to container



Finger puppet play. Make finger puppets- some templates are given below.

- Create your own football pitch using a large sheet of paper (you can make goals out of straws, etc.)

Play finger football using a small ball (this can be a rolled up ball of paper or a table-tennis ball, etc)



- Make an obstacle course using kitchen/toilet rolls, a brick tunnel, etc. to kick the ball through



Use shop bought bubble mixture, or make your own, and blow bubbles to then pop with your fingers.

Bubble mixture recipe:
50ml washing up liquid
300ml water

If you have any glycerine you can add 1 tablespoon which will make the bubbles last longer. Don't worry if you don't have any).

Mix together and leave overnight to allow the mixture to settle and combine. This will mean you get better bubbles.

Bubble wands.

You can have fun by looking for different items around the house that can be used to make bubbles. For example:

- Paperclips – bend them into wands or use as they are
- Straws
- Biscuit cutters
- Fly swatters
- A plastic cup- punch a hole in the bottom to blow through and dip the large open end on the mixture
- Plastic water bottle- cut the bottom off the bottom to dip in the mixture. Blow through the top neck of the bottle

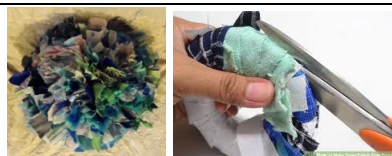
NB Be careful not to get mixture in your eyes and wash your hands when you have finished playing



Make a rainbow collage using anything small you can use to stick on, and put it in your window for the NHS.

Your child can:

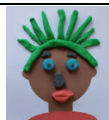
- Tear up small pieces of paper
- Roll up small balls of thin paper
- Tear up coloured pictures from magazines, finding yellow pieces, etc. to use



Make a pom pom using scraps of wool and material.

You can find instructions at:

<https://www.wikihow.com/Make-Scrap-Fabric-Pom-Poms>



Playdough activities (see Playdough handout for recipe and other ideas)

- Roll out a long thin roll of playdough and cut into tiny pieces
- Make playdough faces

Extension activities:

- Emotions. Talk about how you are feeling and make a playdough face that shows this.
Make faces that show different emotions and talk about them

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Mark out letters in the playdough and then fill in the shape using small beads, dried beans etc.



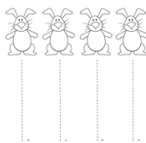
Using scissors to cut. Make sure they are round tipped safety/children's scissors that are safe to use.



Cut up straws and stick them in a ball of playdough to make a hedgehog, or a playdough cake to make a birthday cake and sing 'Happy Birthday'



Feed the crocodiles- decorate some wooden clothes pegs as crocodiles. Cut up small strips of paper and feed them to the crocodiles without them biting your fingers!



Get a large picture (e.g. from a magazine or comic) or photograph,. Draw black way lines on it, for your child to follow to cut the picture up into pieces and make a jigsaw.

Make a lion mask. Encourage your child to colour in the template below and then cut it out following the zigzag of his mane.

Get an adult to cut out the eye wholes and attach some elastic or string where the black dots are.

Practise cutting along a dotted line and stopping at the end of it. - see frogs and rabbits sheets below



Collect different lids, draw around them onto a piece of card and colour in a matching colour.

- Match the lids to their outline
- Add numbers to the lids and outlines to make a number matching game



Alphabet pegs:

Write the alphabet onto some clothes pegs- one letter on each peg.

- Put them into the correct order on a card and sing the alphabet song <https://www.youtube.com/watch?v=vD98OvvDNEs>
- Can you put the pegs together to make your name

Extension activities:



- Practise your sight vocabulary words (those words you are learning to read).

Match them to the letters of a word written on a piece of card/lollipop stick

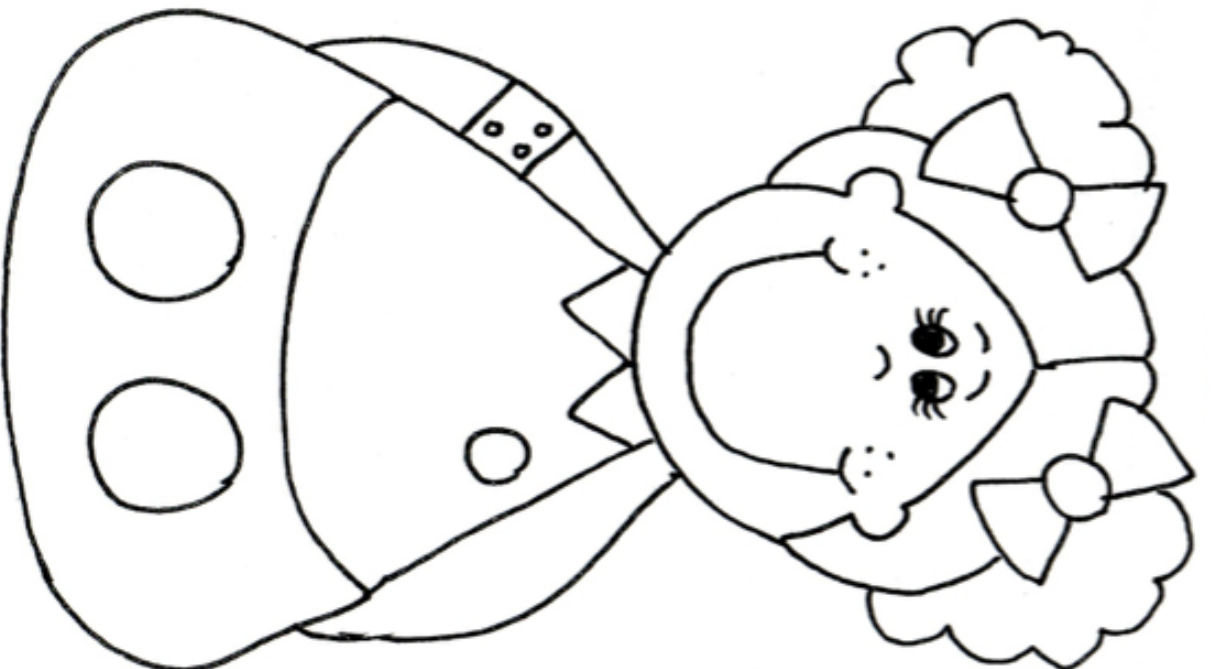
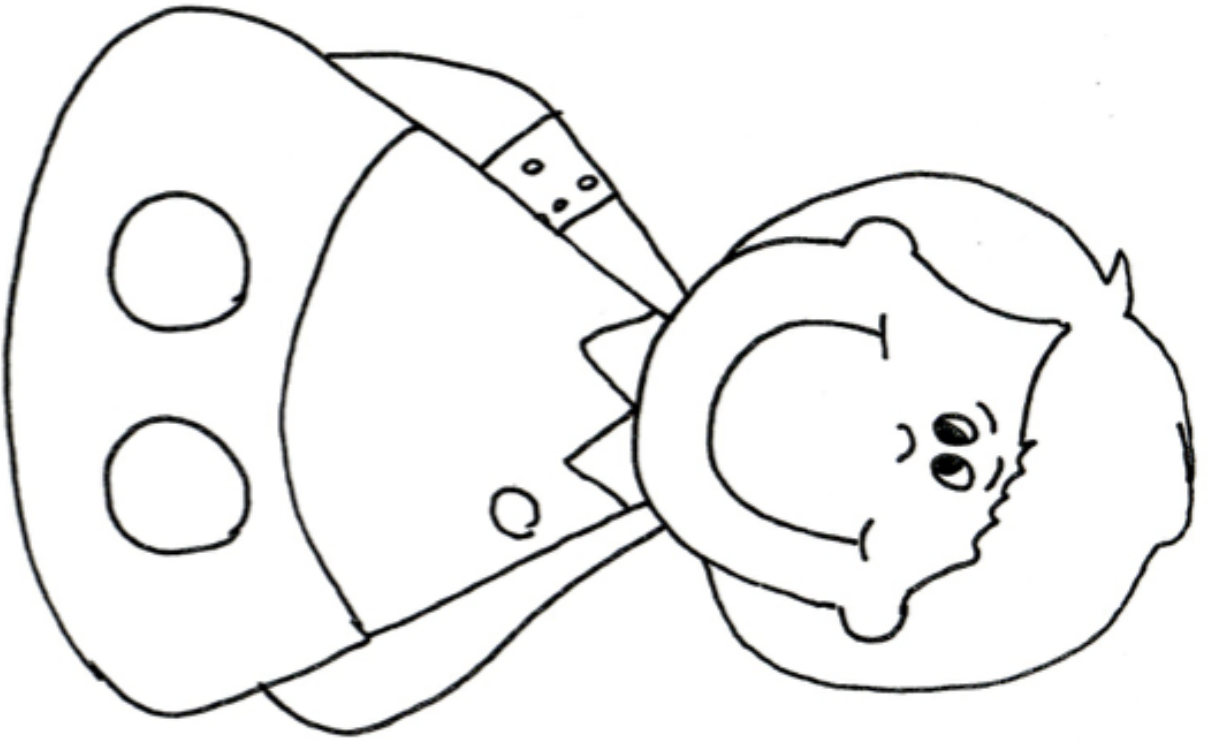


See if you can put the letters in the correct order to spell the word



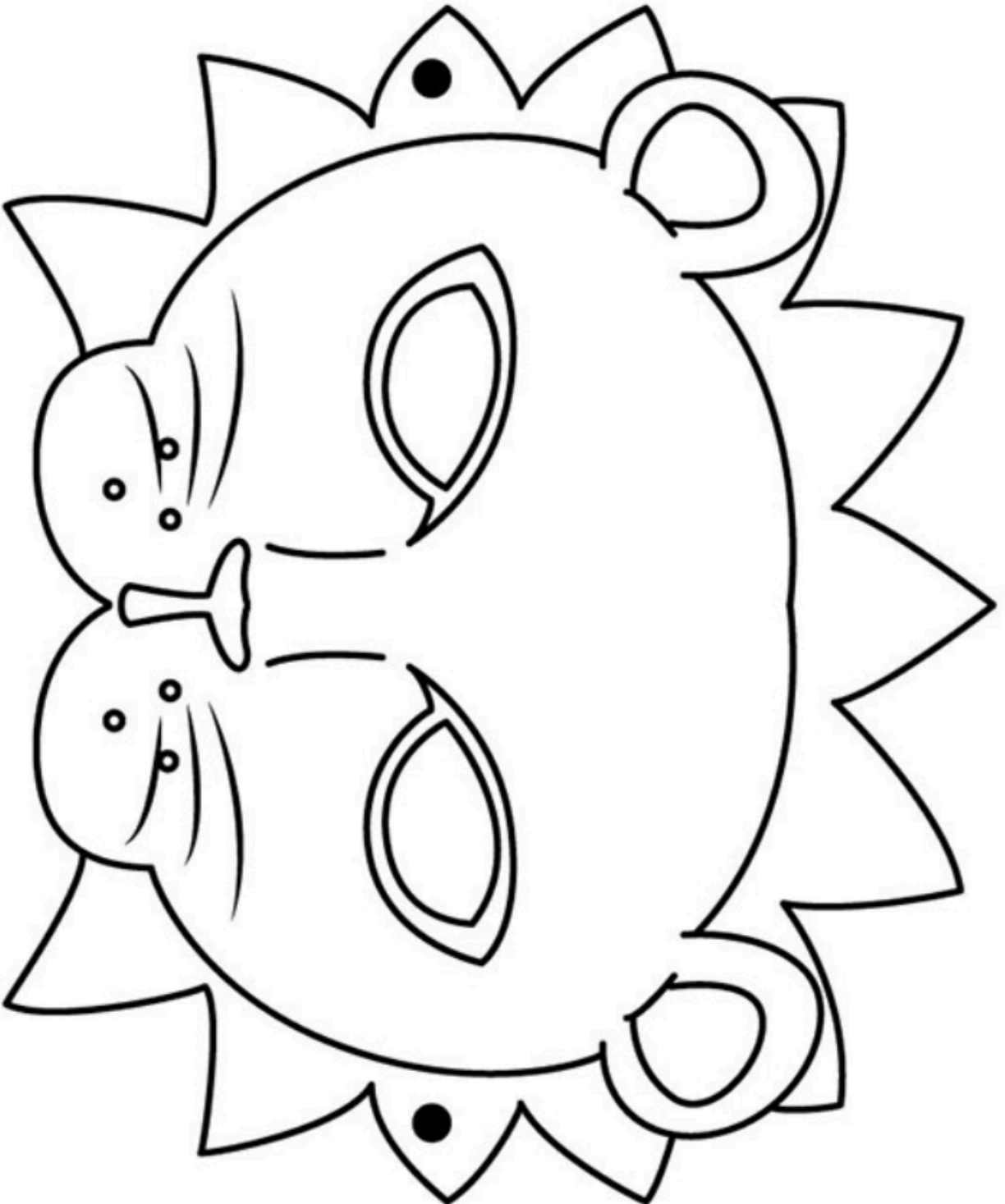
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