

## Fine motor activities you can do at home

Fine motor development is a skill needed to be able to control and build strength in the small muscles in the hands and fingers. These aid coordination between what you see and what you do without fine motor skills your child will not be able to write or hold objects using the correct grip.

### Activity 1-

(Some ideas but you can use anything) empty egg carton, Pom poms, tweezers.

Get your child to pick up the Pom poms 1 by 1 using the tweezers and place them in an egg compartment. You can challenge your children by writing numbers on the carton to match the amount placed there.

Activity 2- play dough if you don't have any it's easy to make. very versatile!

2 cups of flour

2 tablespoons of vegetable oil/coconut oil/baby oil

1/2 cup salt

1 cup of boiling water

2 tablespoons cream of tartar (will still work without)

Paint or food colouring and glitter (optional)

A few drops of glycerine (my secret ingredient for stretch and shine- will still work without)

-You can add loose parts to the dough to make things with it such as pasta, buttons, shells, pebbles, candles.

-You can create tracing tools with paper so your child can mould and twist the dough to a letter or number shape.

-you can find printable play dough mats online so your children can make faces or other ideas.

### Activity 3- create a collage.

Cut out pictures from a catalogue/magazine/or drawings and stick them all together.

### Activity 4-threading

-beads on pipe cleaners/string/ribbon.

-pasta necklaces

-spaghetti pasta and beads

-a collider with straws/pipe cleaners

### Activity 5- sensory writing

Give the child a baking tray with a thin layer of salt, sand, glitter, sieved flour and the back of a pencil, fork, spoon, paintbrush to write tricky words (words children should know by sight as they cannot be sounded out phonetically)

Phase 2 tricky words-I,no,go,to,the

Phase 3 tricky words-he,she,we,me,be,was,you,they,are,all,my,her

Activity 6- complete a small piece puzzle

### Activity 7-

Collect some bottle lids of different colours, make some small slots in a box and colour around them in different colours.

Your child is to match the correct colour to the bottle lid. Can extend with amounts to put in each and you can check after.

### Activity 8- painting with cotton buds.

You can make paint with yoghurt and food colouring temporarily.

### Activity 9- weaving

Cut different coloured card into strips and demonstrate how to thread the paper under, over and under again through the slits.

Or Use an ear dryer and ribbon.

### Activity 10-

Wrap elastic bands around a pinecone to create an elastic band ball

### Activity 11-

Collect lolly sticks, write numbers on the top of each one, get your child to match the correct amount of loom bands to the number.

### Activity 12-

Draw some zig zags/spirals/letters/numbers on paper. Use loose parts pasta, rice, buttons, stones, stickers anything and place on top. This can be reused again and again. Extend by using tweezers/pegs