



Fine Motor Skills Home Learning Menu

Fine Motor Skills is the term we use for strengthening children's hands and fingers ready for writing. The following activities will help to develop hand and finger strength, and are also great for emotional well-being and reducing anxiety.





Please find below a selection of activities that you could do at home. There are also two website links to great websites if you would like more inspiration!

<https://otplan.com/>

This is a great website! You can search by activities by the skill you want to develop, or by the materials you have available in your house!

<http://redbridgeserc.org/>

Go to 'resources and downloads'. Scroll down and select from the options under 'fine motor skills.'

Activity	
<p><u>Threading</u> You could use: Pasta tubes Hoola Hoops or Cheerios Small beads Straws (use scissors to cut up straws into small tubes)</p> <ol style="list-style-type: none"> 1. Thread onto string to make jewellery 2. Make a flat piece of play-doh/blue-tac, stand a dry piece of spaghetti upright and thread on to. You could make two poles and have a race! 	
<p><u>Pipe Cleaner Push</u> Use pipe cleaners to push through holes made in a container/cardboard tube. <i>Tip: a colander works well!</i></p>	
<p><u>Counters and Coins</u> Cut a slit into a tube and push small counters or coins in to fill, like a piggy bank</p>	
<p><u>Filling and Emptying</u> Use a teaspoon or small plastic spoon to transfer rice/oats/ grains into different size bottles/containers</p>	



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<p><u>Clothes Pegs</u></p> <ol style="list-style-type: none"> 1. Peg same colour pegs onto coloured pieces of paper. 2. Cut out a hedgehog or dinosaur and clip on pegs for spikes! 	
<p><u>Tweezers</u></p> <p>Use tweezers or tongs to pick up small objects such as buttons/pom-poms/gems etc.</p> <p>You could...</p> <p>Sort by colour or size</p> <p>Transfer into another container against a timer!</p>	
<p><u>Jelly/Slime/Hair Gel/Cooked Spaghetti</u></p> <p>Place in a container. Hide small objects and retrieve with tweezers!</p>	
<p><u>PlayDoh/Silly Putty</u></p> <ol style="list-style-type: none"> 1. Pushing and hiding small objects 2. Making Confetti – pinch off small pieces with thumb and finger. Use the last piece to pick up the pieces and roll into one big ball! 3. Rolling snakes of different lengths 4. Squeezing and smoothing – use the lid of a container or an ice cube tray and squash the PlayDoh to fill the space. 5. Stamping small objects into the PlayDoh such as beads or buttons. 6. Dress up - mould and shape clothes for dolls or action figures 7. Create 3D shapes and models. 8. Play Pictionary but with PlayDoh! Guess what each other have made by giving clues. 	 
<p><u>Cotton Bud Art</u></p> <p>Use cotton buds to create dot pictures, shapes and patterns!</p> <p><i>Tip: if you do not have cotton buds, use a clothes peg and cotton wool ball.</i></p>	
<p><u>Marbles</u></p> <p>Use your finger to roll a marble in paint and then roll across the paper to make artwork.</p>	
<p><u>Weaving</u></p> <p>Use a play set shopping basket or a wire cooling rack and pieces of ribbon to weave in and out.</p>	

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<p><u>Pencils</u></p> <ol style="list-style-type: none"> 1. Draw around stencils or the inside of cookie cutters 2. Trace over different shape lines 3. Play some music and make marks to it 	
<p><u>Scissor Skills</u></p> <ol style="list-style-type: none"> 1. Draw different lines and basic shapes for children to cut along 2. Cutting old bits of newspaper/magazines to collage 3. Cutting straws and thread onto string to make a necklace 	<p>scissor cutting activity</p>
<p><u>Games you might have at home...</u></p> <p>Mr Potato head Buckaroo Jenga Small piece jigsaw puzzles</p>	
<p><u>Cat's Cradle</u></p> <p>Wrap rubber bands around your fingers and try to untangle by wiggling your fingers!</p>	
<p><u>Lego</u></p> <p>What can you build with the really small pieces?</p>	
<p><u>PacMan</u></p> <p>Cut a slit into a tennis ball and add a face. Squeeze the ball in your hand to make it 'eat' small objects!</p>	
<p><u>Spray Bottles</u></p> <p>Go outside and spray water at different targets. You could use chalk to draw shapes/letters/numbers etc.</p>	