

BUILDING

FINE MOTOR SKILLS

Fine Motor skills can be a great way of building up strength and writing stamina. There are lots of fine motor ideas online. Below are just a few ideas!

- Playdough- kneading, pushing, rolling, pulling
- Working with kinetic sand
- Cutting and pasting activities
- Using tongs to pick up small items e.g. pom poms, buttons, dry pasta
- Threading
- Lacing
- Spooning small items (e.g. marbles or beads)
- Painting or tracing with water
- Threading beads onto pipe cleaners
- Hammer and screws or nuts and bolts
- Manipulating paper clips
- Creating things with rubber bands
- Placing toothpicks through small holes
- Pricking holes with pins
- Pasta necklaces
- Scissor skills e.g. cutting along lines drawn on paper (straight, zig zag, wavy)
- Using tongs to move objects from one location to another (e.g. moving cotton balls/marbles/pom poms from inside to outside of a cup, using tongs to move cotton balls to outline letters drawn on a piece of paper)
- Push through straws/pipe cleaners into strainer holes
- Place clothes pegs on and off pieces of paper/ house hold items
- Tracing around hand/ objects onto paper
- Dot to dot activities
- Colouring in