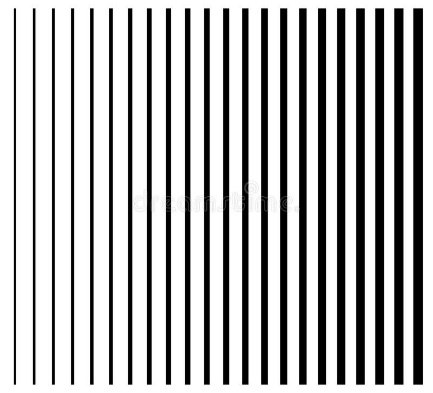
**Fine Motor Skills Activity Sheets and Ideas**

Fine motor skills are where we use the small muscles in our hands and wrists to made different movements.

Ideas for you to do at home

There are many different activities you can try at home to support your child with their fine motor skills, these can include the use of pencils, scissors and even bricks.

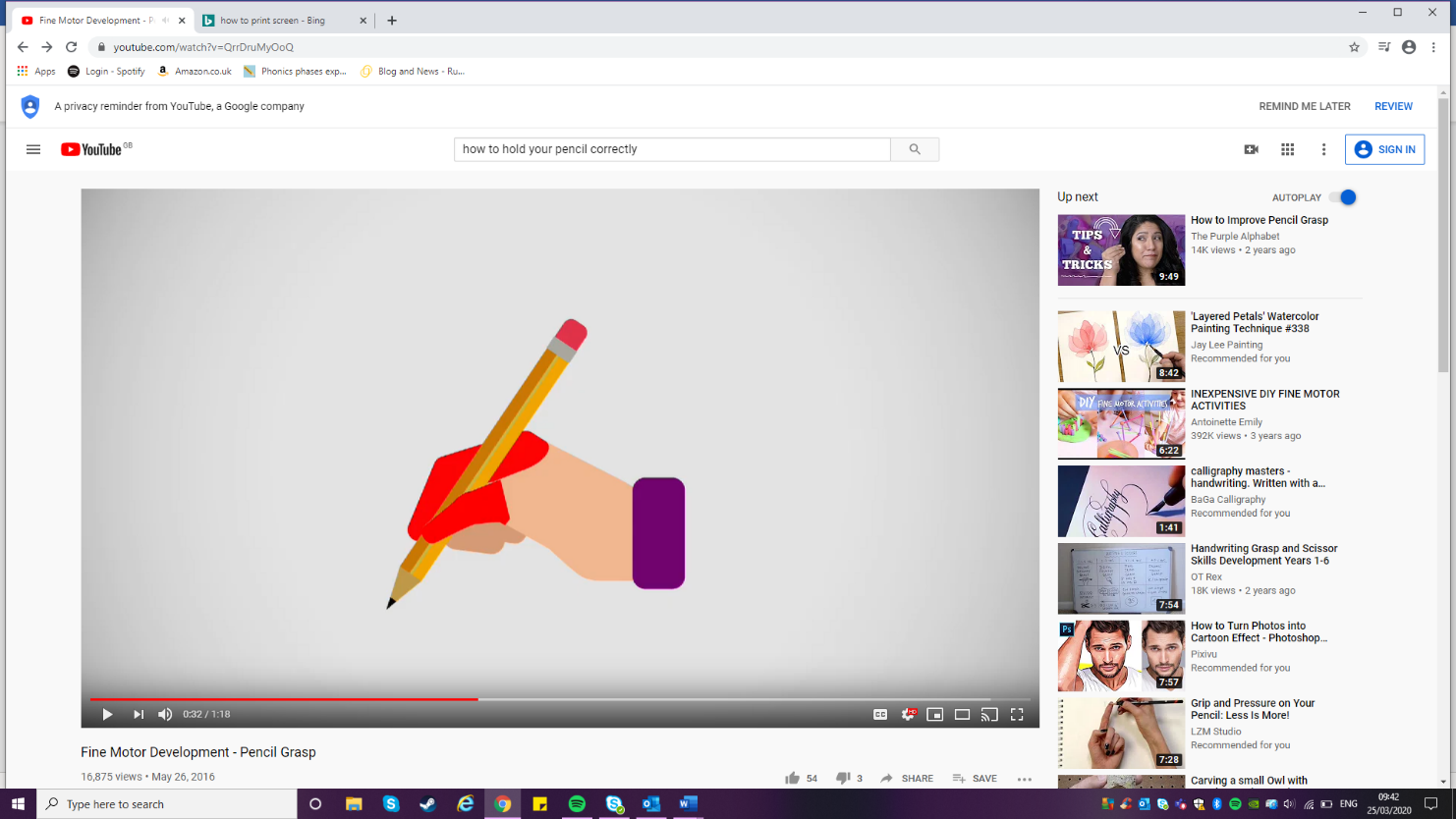


Try it!

You could try using your pencil to draw a thin line. Then draw a thick line. Try this with different types of pens, colours and biros.

Remember: try and hold your pencil with the correct grip.

There are many different activities you could do using your pencil:

1. Can you draw zigzag lines in different thickness? Then try circles.
2. Get your adult to write your name and try tracing over it.
3. Practise holding your pencil in the tripod grip. See the picture below.

**Daily Activities Menu**

Bubble Wrap

How many bubbles can you pop in 30 seconds?

Can you beat your score tomorrow?

Beads

How many beads can you thread onto a piece of string? Can you make different patterns?

Bricks

Can you make something put of your bricks? Can you fit them together perfectly? Try taking them apart.

Tweezers/Chop Sticks

Can you try picking things up with your tweezers like pasta, peas or rice? How many can you pick up in one minuet? If you don’t have any tweezers, try using chop sticks.

Paper clips/Clips

Can you make a chain out of paper clips? How long can you make it? Can you make it longer then a pencil? Try using different types of clips.

Buttons and zips

Practise doing the buttons or zip on your jacket, how fast are you able to do it? Try and beat your time every day.

Dominoes

Can you make a long line of standing dominoes? After, knock them over!

If you don’t have any dominoes, try making some out of cardboard. Can you carefully add the correct number of dots?

Playdough

If you don’t have any playdough, you could try making some using tutorials online.

Can you make different shapes with the playdough? Can you try making the playdough look like food? Make a meal.

Try some dough disco, put your favourite song on and roll your playdough around, between both hands, what shapes can you make? Try rolling it, pressing it, move it from hand to hand above your head ect.

Sand tray

Put some sand in a tray and trace out letters or numbers into this. Flour, salt and sugar also work for this. Don’t worry if you make a mistake, you can just rub it out.

Pipe cleaners

Can you wrap these around your finger and make an animal like a snake or a worm?

Paint

Can you use your fingertips to make a pattern? Can you make a picture or a collage? Can you fill the paper with fingerprints?

Pegs

Can you use pegs to hang things to the washing line? How many things can you peg up?

Sticky dots

Can you use some sticky dots to create a picture? Can you talk about what you have created?

Spoons

Can you use a spoon to move things from one bowl to another? How fast can you move 5, 10,15, 20 items?

Coins

Can you sort your coins into different colours? Can you post then into a money box?

String

Can you thread some string through buttons or beads? How many can you thread through? Can you make a pattern?

Can you use string to form letters and numbers?

Nature

Can you make a picture out of things you can collect from your garden, leaves and flowers ect?

Grids

Can you fill a grid with circles and crosses? Can you make different patterns? Can you get any of the symbols in a row?

Ruler

Can you draw straight lines with a ruler? Can you make different patterns?

Scissors

Can you use scissors to cut out the lines you have drawn? Try to be careful when cutting the lines, don’t cut through them.

Dot to Dots

Have a go at some dot to dot pictures. What is the picture? Can you colour the picture in neatly?

Can you make these patterns in your book, starting at that green dot? Can you make any other patterns?

