

Activities for developing fine motor skills

- Use padlocks and keys - how quickly can the children unlock them?
- Clothes pegs. How many can the children peg around a paper plate in 1 minute?
- How many small beads can children pick up in a minute with tweezers?
- Have mixtures such as dried pasta and peas. Can they separate the mixture using only tweezers?
- Cut out shapes - ensure children have correct scissor grip at all times.
- 'Melt monsters'. Draw monsters with felt tip pens and then using eye droppers drip water on them and watch the monsters 'melt'
- Playdough. Encourage the children to pull, squeeze, roll, twist it etc. Sometimes using the palms of their hands, othertimes using their fingertips. They can also prick out designs using toothpicks in the dough
- How many bubble wrap bubbles can they pop?
- Threading beads onto a string
- How many paper clips can they join together?
- Have a simple outline drawing, children to stick string/wool onto these outlines
- Play games that encourage strength in the shoulders eg: wheelbarrows, crabs, wall push ups etc
- Use individual hole punch round a piece of card. Children can then thread wool/ribbon through these
- Play games such as tiddly winks or the frogs where you press their backs
- Doing up buttons and zips quickly
- Draw circles on sugar paper that is up on the wall. Ensure children are standing at arm's length to help develop shoulder strength
- Pegboards
- Scrunching up sheets of newspaper with 1 hand (to then stuff something with eg: a scarecrow)
- Turning over counters
- Tracing round stencils
- Using small hammers, bang golf tees into something like a pumpkin
- Taking lids on and off small Tupperware containers
- Making towers using multilink and then taking them apart again
- Make a pencil tower - pick up pencils using pincer grip and make a tower (two pencils on each 'floor', alternate pencil position of 'floors' to build up tower)
- Play Jenga
- Hama beads
- Honey bee game