

# **Fine Motor Skills**

## **Activity Folder**



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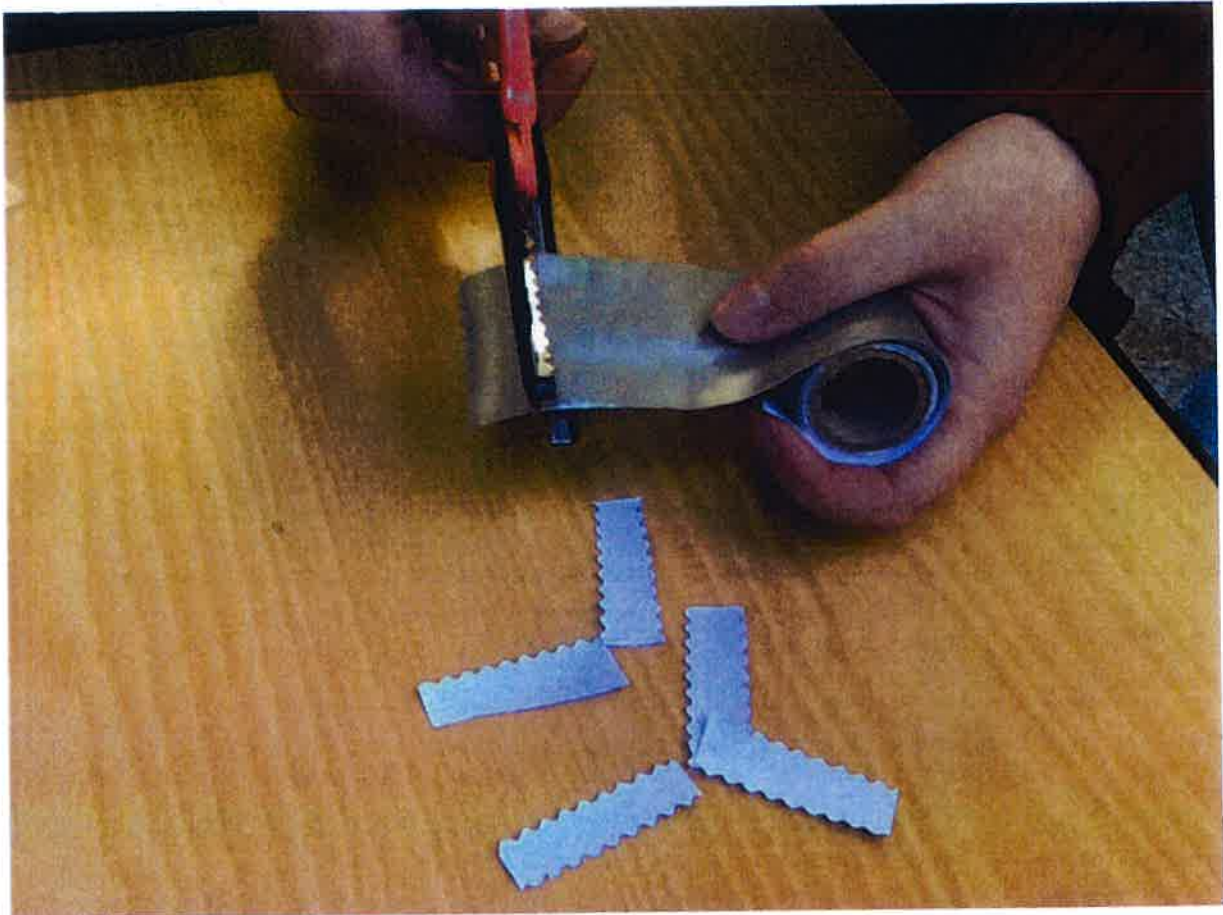
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## Activity 1

### Cutting paper



#### Resources:

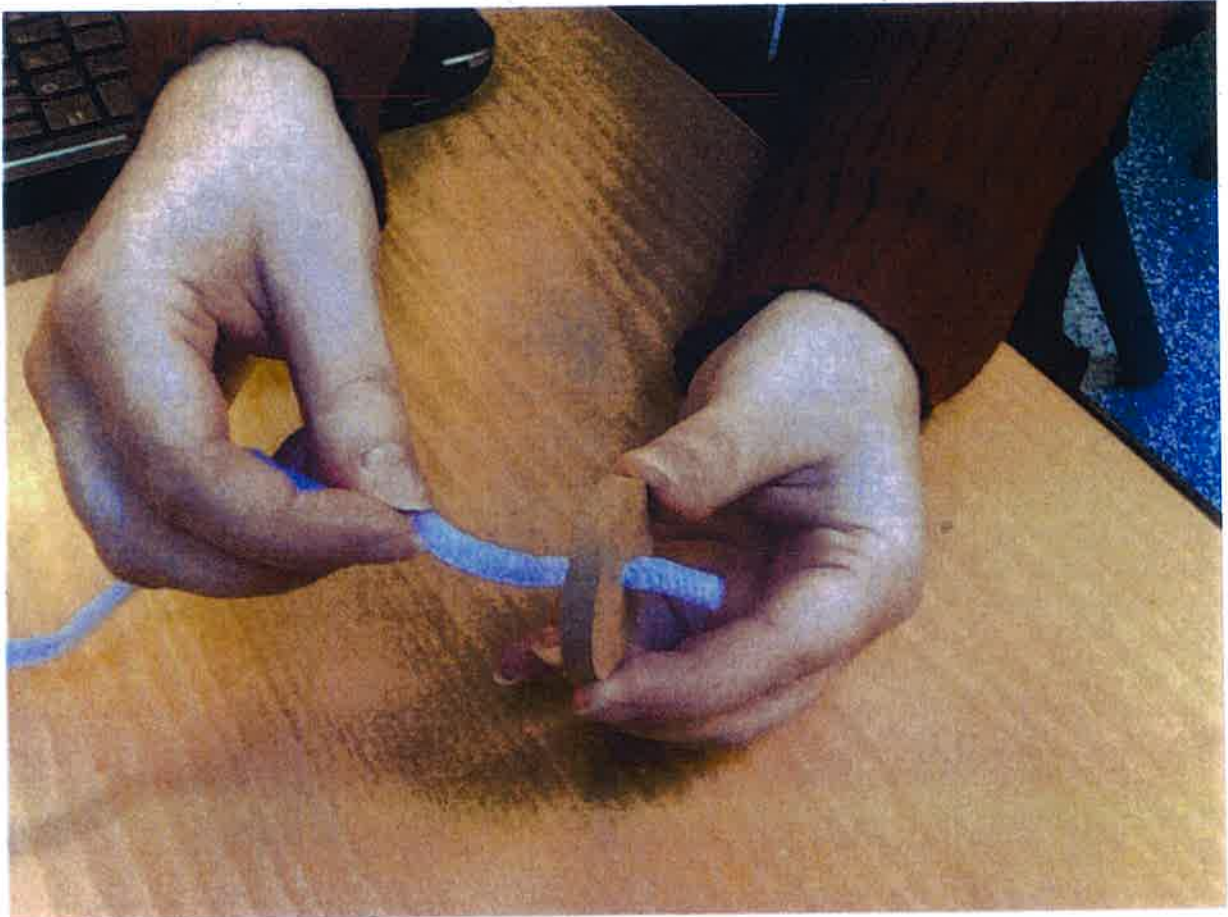
- 1) Scissors – fun scissors or normal ones
- 2) Paper – preferably boarder paper as it is easier to handle

#### Description

Cut the paper into small strips.

## Activity 2

### Threading



#### Resources:

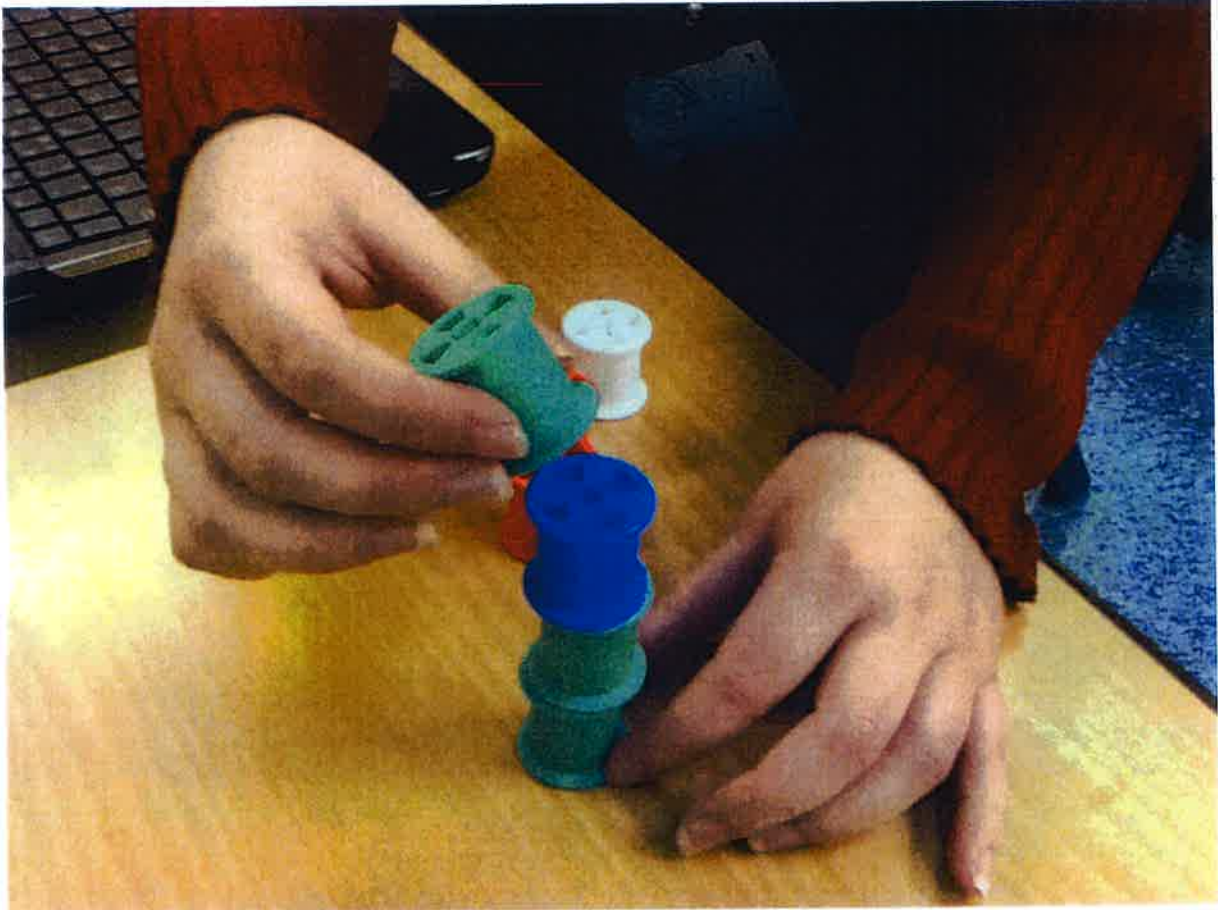
- 1) Pipe cleaner
- 2) Wooden disc with a hole through the centre

#### Description

Thread the pipe cleaner through the disk.

## Activity 3

### Tower building with cotton reels



Resources:

- 1) Cotton reels x2 or more

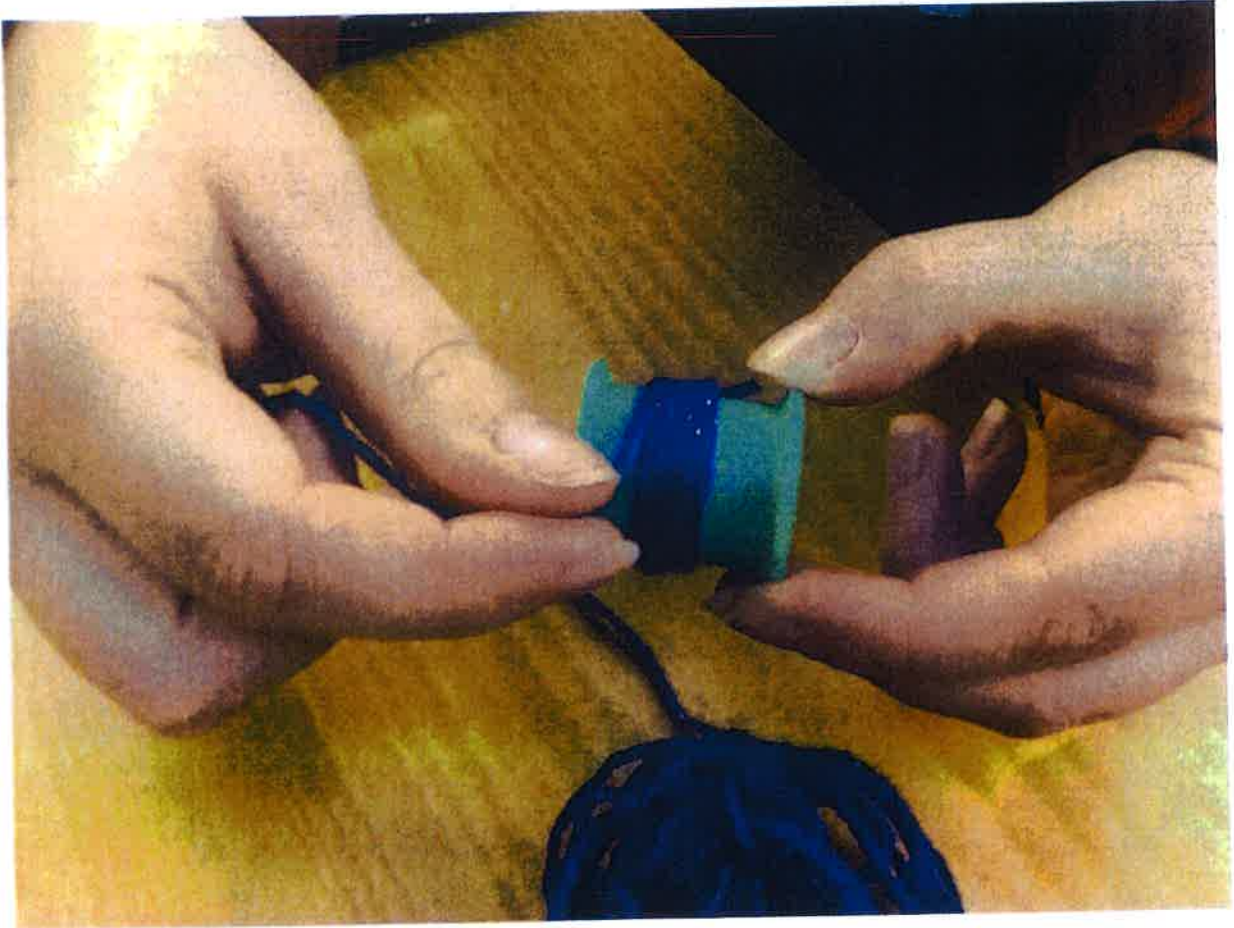
Description

Balance the cotton reels one on top of another.



## Activity 4

### Wool wrapping



#### Resources:

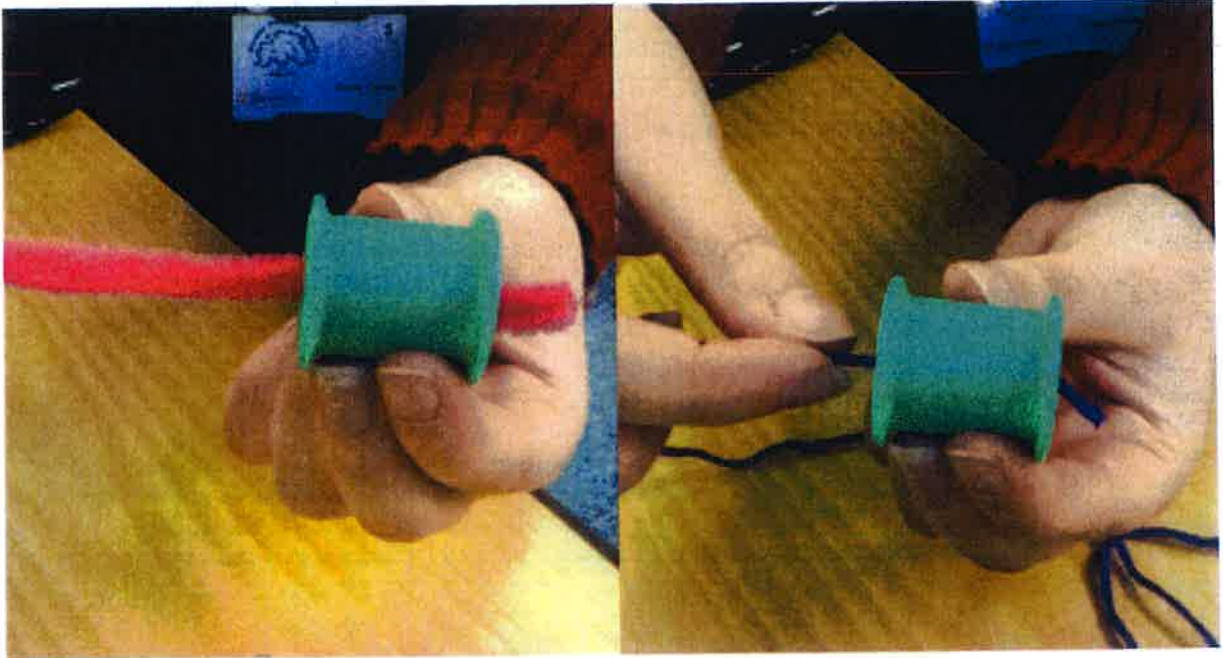
- 1) Cotton reel x1
- 2) A length of wool

#### Description

Wrap the wool around the cotton reel.

## Activity 5

### Threading



#### Resources:

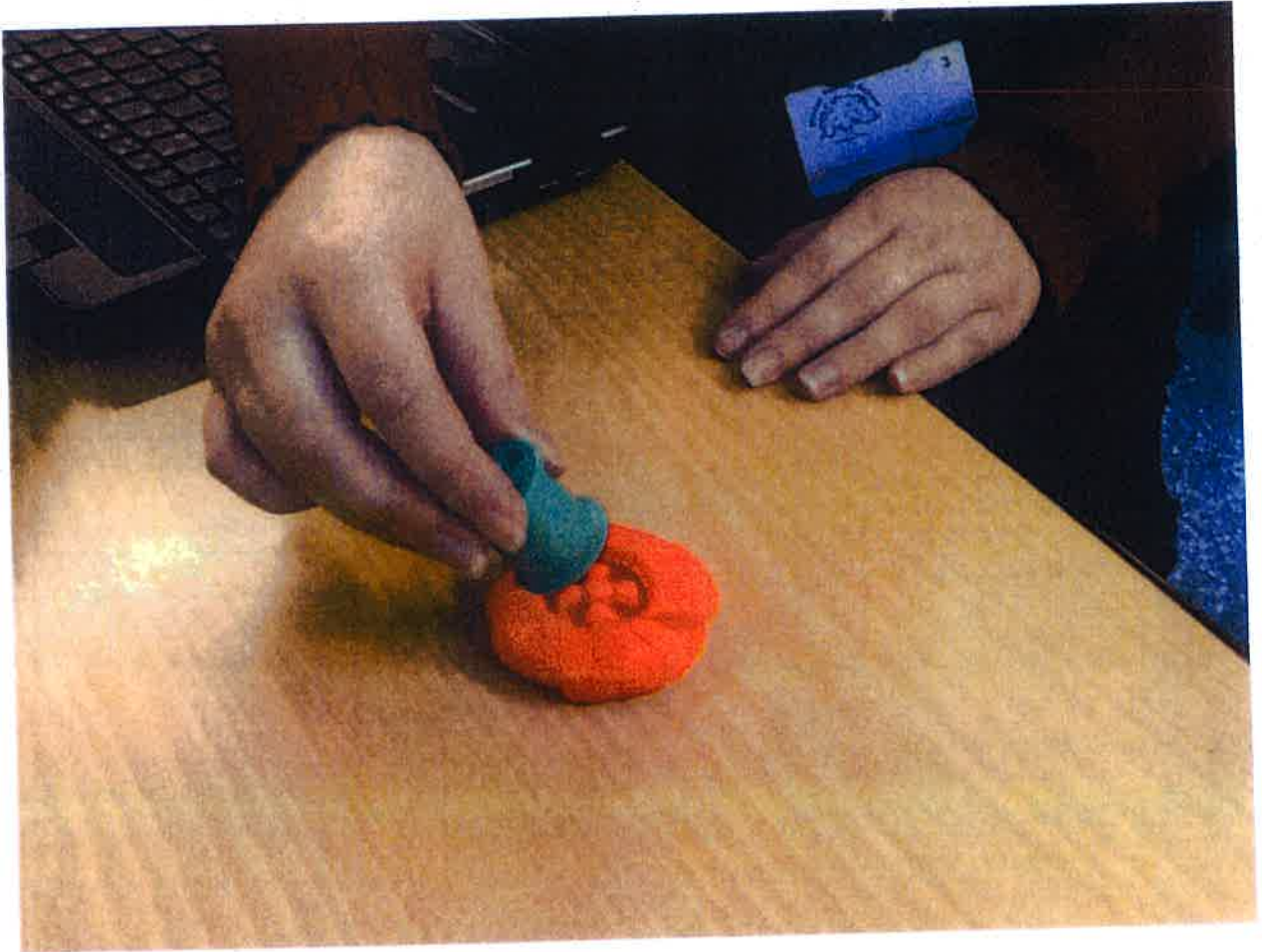
- 1) Cotton reel x1
- 2) A length of wool
- 3) Pipe cleaner

#### Description

Begin with threading the pipe cleaner through the cotton reel. Once they are capable, progress on to using wool.

## Activity 6

### Play-doh stamping



#### Resources:

- 1) Cotton reel x1
- 2) Play-doh

#### Description

Make imprints in the play-doh using the cotton reel.



## Activity 7

### Pipe cleaner twists



#### Resources:

- 1) Pipe cleaners x2 – preferable two different colours

#### Description

Twist together two pipe cleaners to make twists.

## Activity 8

### Elastic band joining

Resources:

- 1) Elastic bands x2

#### Description

Stage 1. Get two elastic bands

Stage 2. Thread one band through the other

Stage 3. Hook the band back on its self

Stage 4. Pull the loose end through itself

Stage 5. Pull hard.



1



2



3



4



5

## Activity 9

### Using a bottle



#### Resources:

- 1) Plastic bottle
- 2) Measuring jug

#### Description

Ask the child to unscrew the cap of the bottle. Fill the measuring jug up with water. Pour the water into the bottle. Screw back on the cap.

## Activity 10

### Using a syringe



#### Resources:

- 1) syringe
- 2) container of water

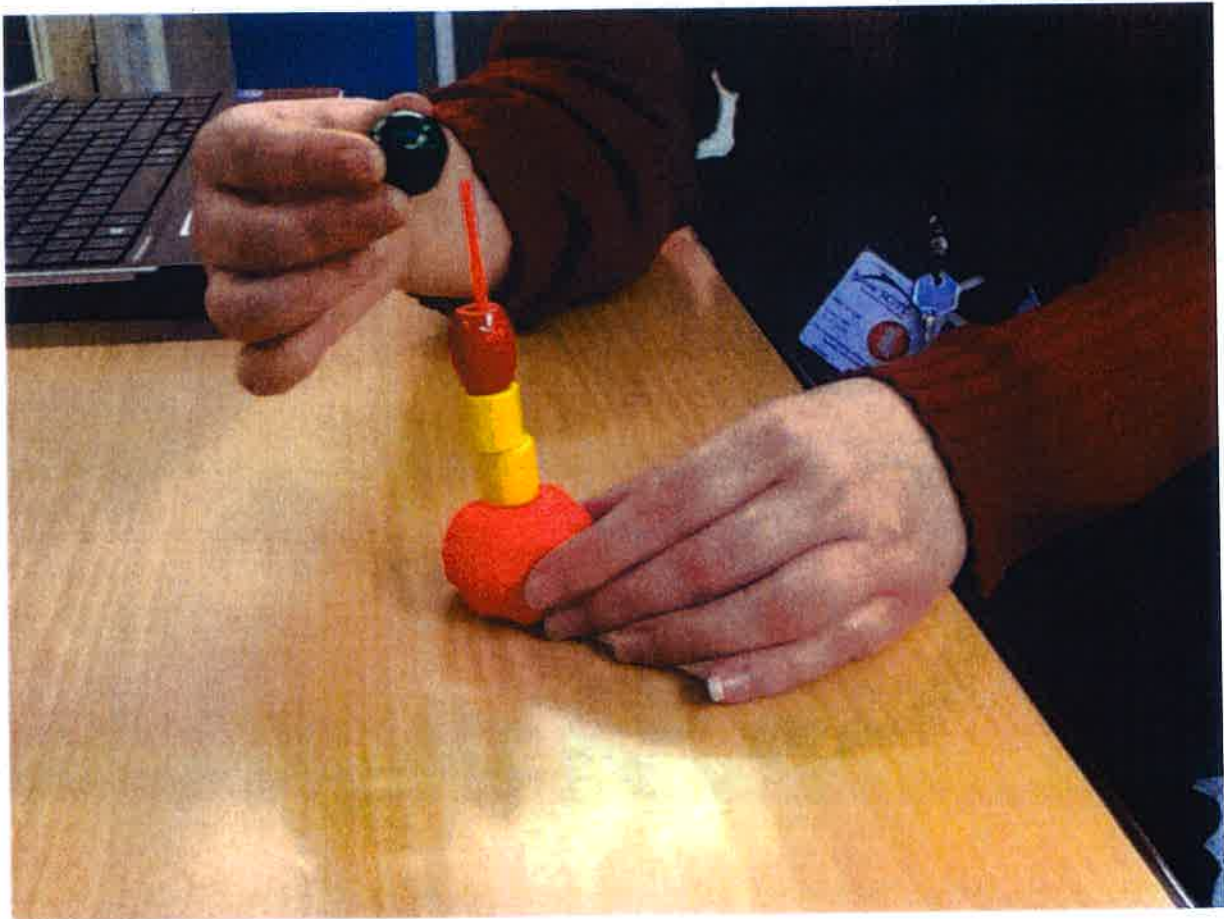
#### Description

Add water to the container. Ask the child to empty the air out of the syringe. Put the syringe nib into the water. Pull on the syringe to suck the water in to the syringe. Progress on to adding named amounts of water in to the syringe eg. 4ml.



## Activity 11

### Bead threading into play-doh



#### Resources:

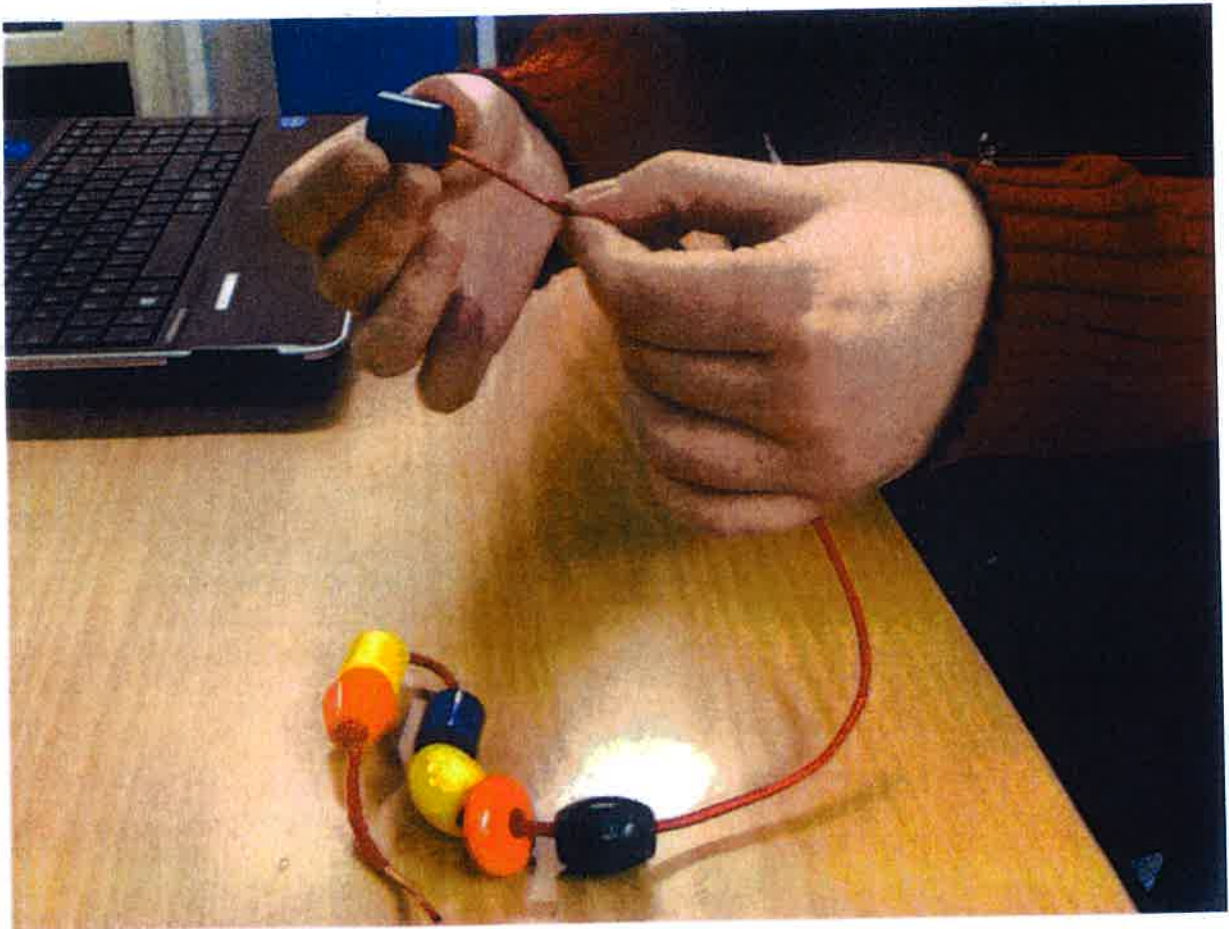
- 1) play-doh
- 2) straw
- 3) threading beads

#### Description

Stick a straw in to play-doh so that it stands up unsupported. Thread the beads on to the straw.

## Activity 12

### Bead threading on to string



#### Resources:

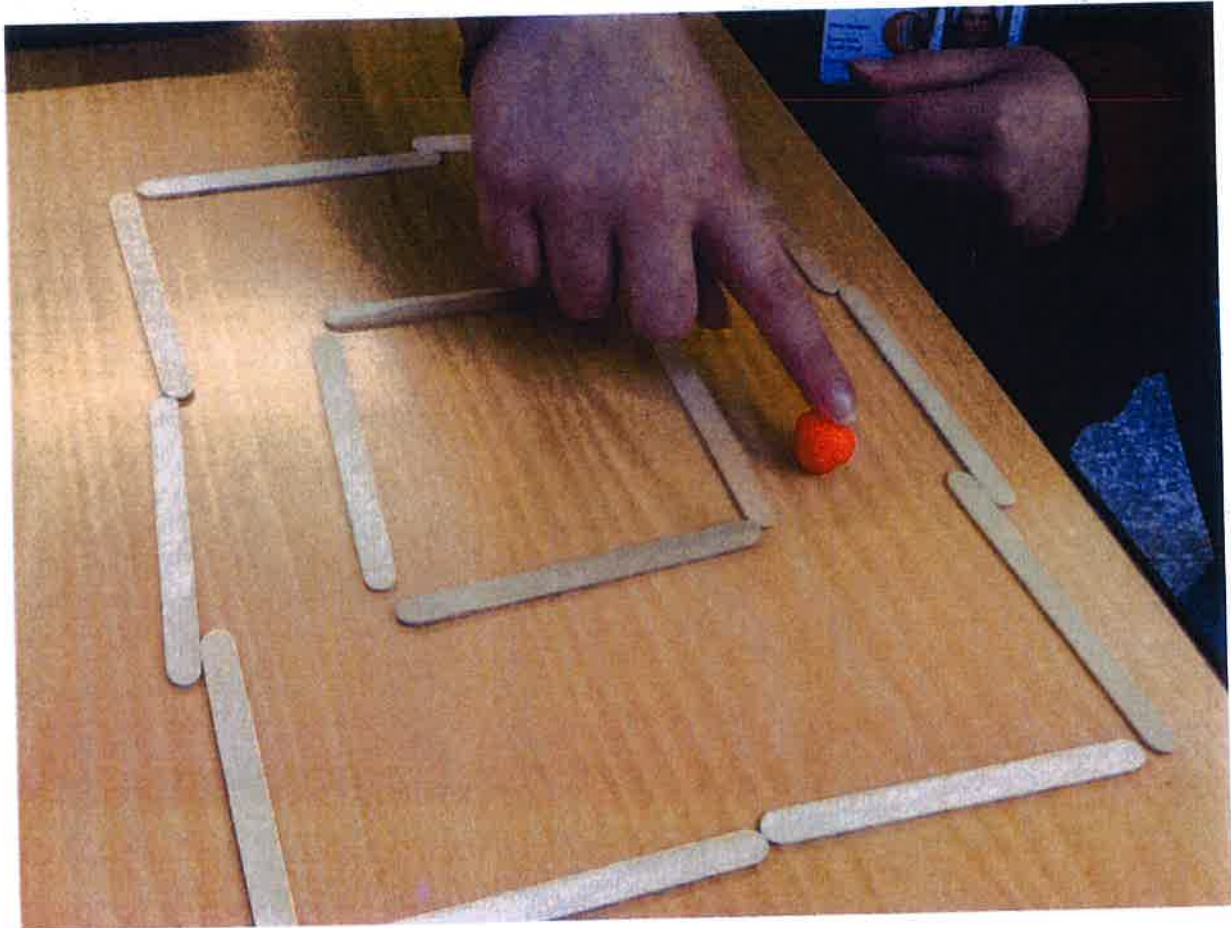
- 1) Threading string
- 2) Threading beads

#### Description

Tie a knot in the end of the string so that the beads don't fall off.  
Thread the beads on to the string.

## Activity 13

### Finger maze



#### Resources:

- 1) Play-doh or toy car
- 2) Lollipop sticks or straws

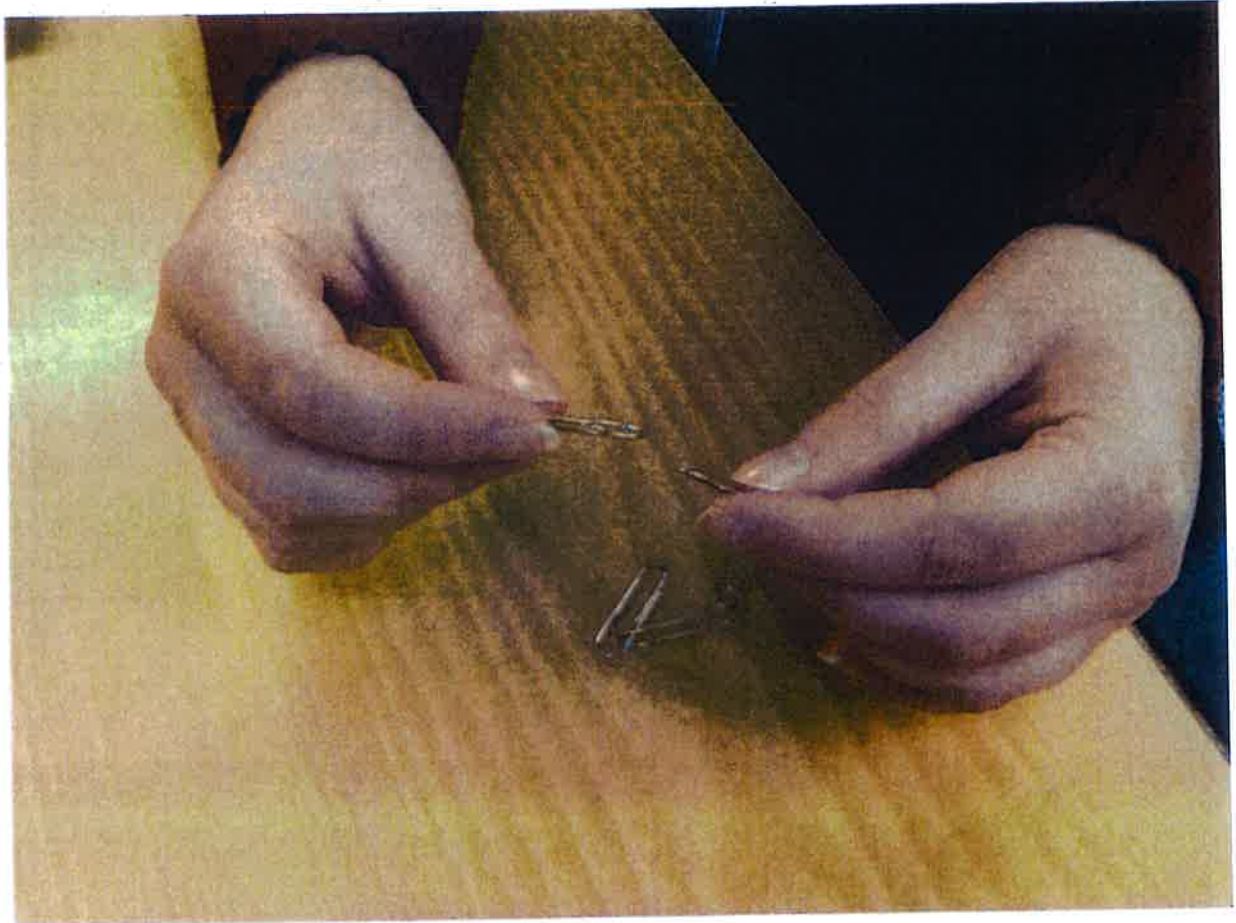
#### Description

Lay out lollipop sticks on the table in a maze or a shape. Use finger to roll a ball of play-doh around the maze. You can substitute the lollipop sticks for straws and the playdoh balls for toy cars.



## Activity 14

### Paper clip chains



#### Resources:

- 1) Paper clips

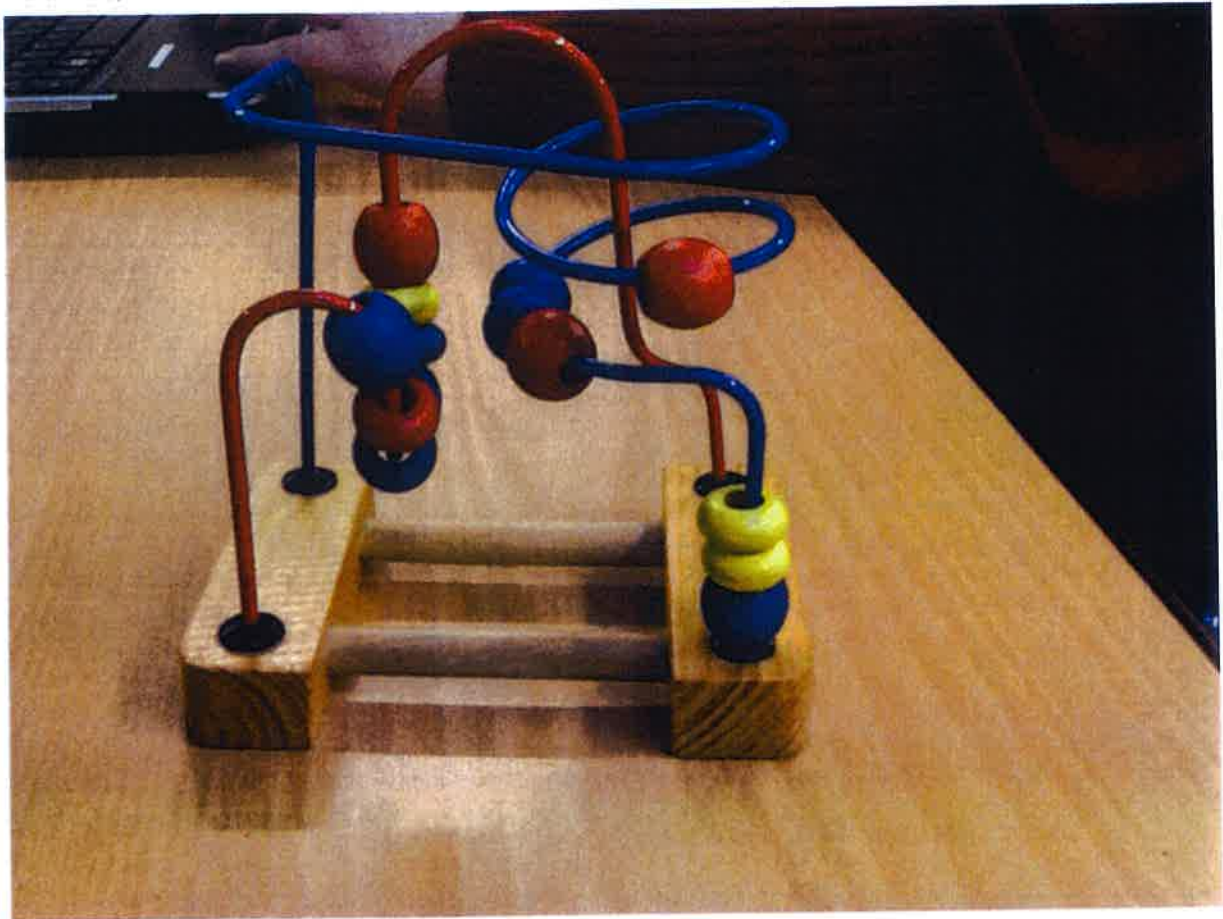
#### Description

Link the paperclips to create a paperclip chain. You could also make paperclip bracelets.



## Activity 15

### Bead run



Resources:

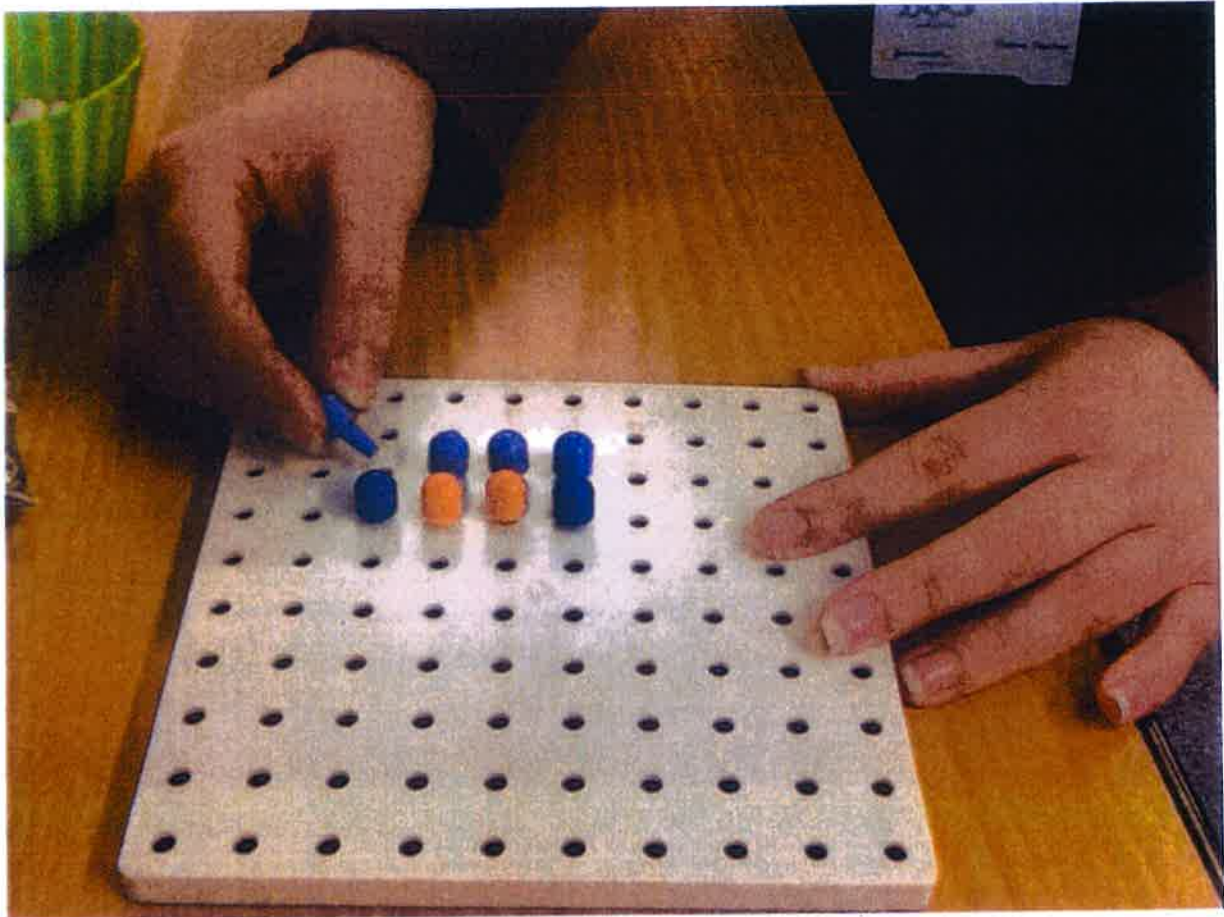
- 1) Bead run

Description

Ask the child to move the bead from one side to the other.

## Activity 16

### Peg board



#### Resources:

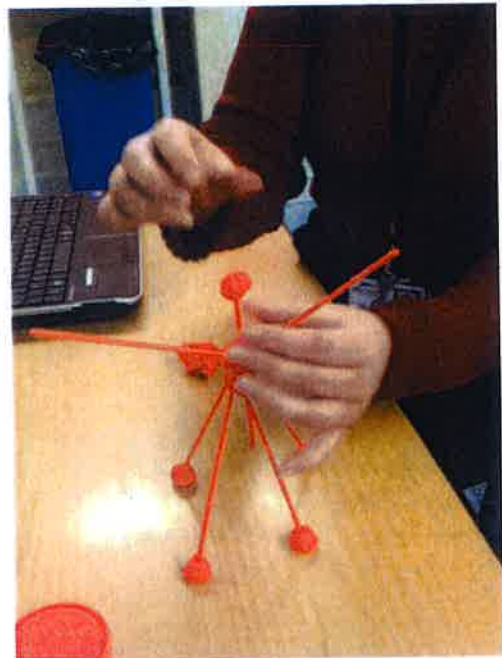
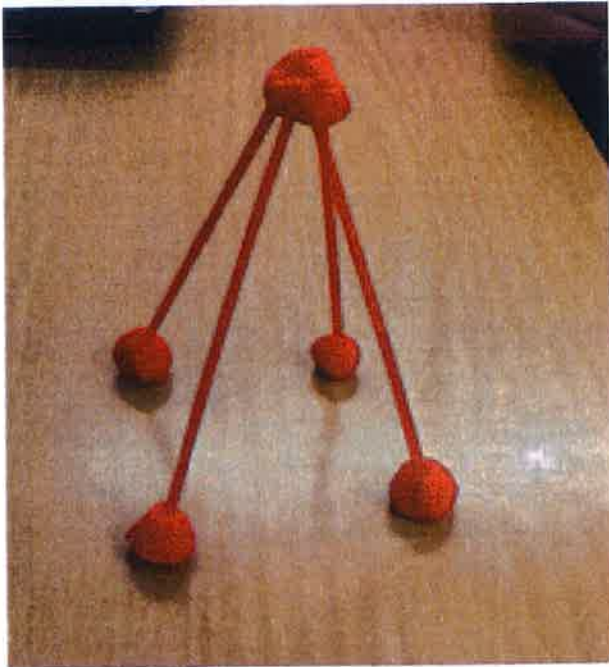
- 1) Peg board
- 2) Pegs

#### Description

Ask the child to put the pegs into the holes on the peg board.

## Activity 17

### Alien friends



#### Resources:

- 1) Straws
- 2) Playdoh
- 3) Googly eyes optional

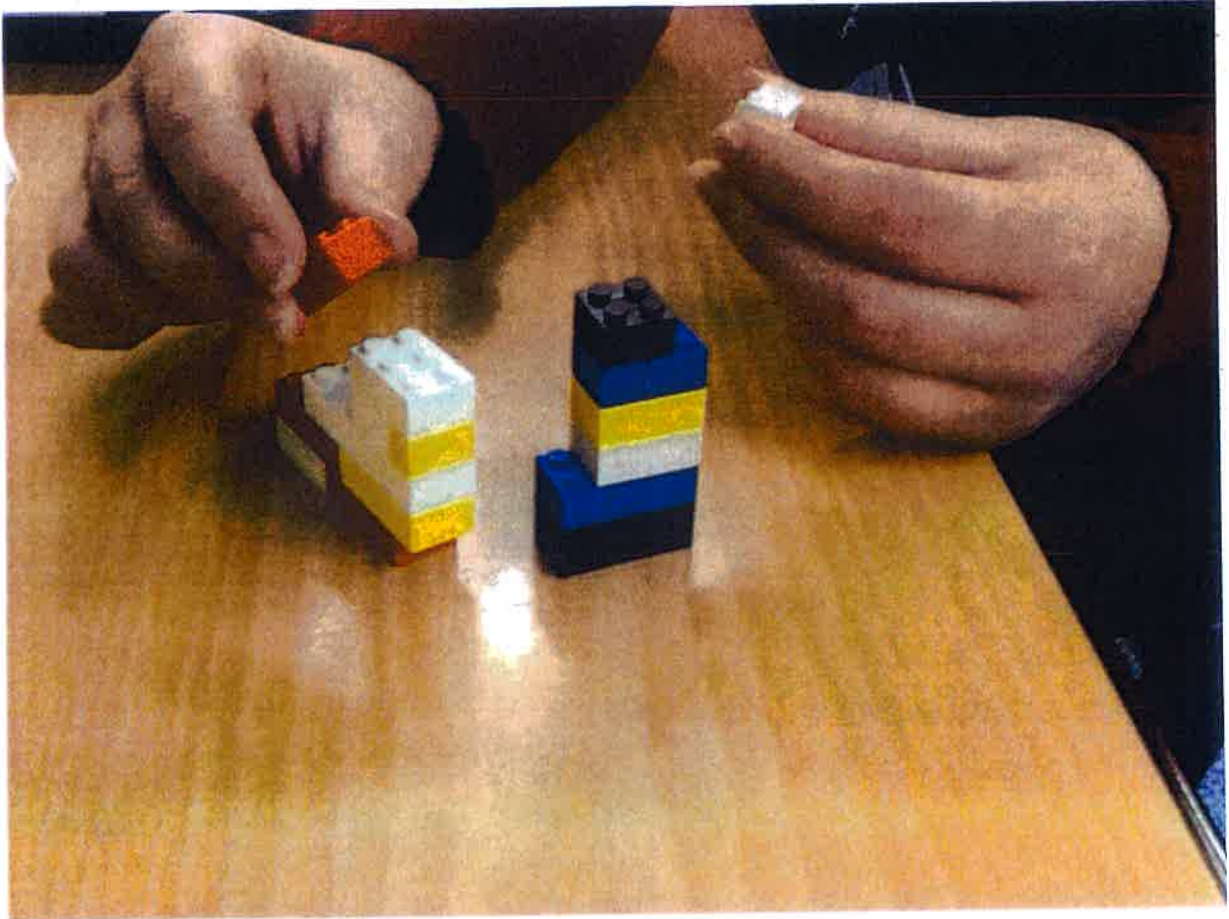
#### Description

Create alien creatures using rolled up balls of playdoh and straws. Stick the straws in to the balls of playdoh to create different shaped aliens. Use the straws to poke holes in the playdoh for eyes.



## Activity 18

### Lego



Resources:

- 1) Lego

Description

Let them explore and make creations out of Lego.



## Activity 19

### Cube sorting with tweezers



#### Resources:

- 1) plastic tray
- 2) tweezers
- 3) Dienes

#### Description

Ask the child to move the dienes from one side of the tray to another. Additionally, you could ask them to sort the dienes in to different colours.

## Activity 20

### Fun with play-doh



#### Resources:

- 1) Play-doh

#### Ideas

- 1) Create a snake out of play-doh
- 2) Create a monster out of play-doh
- 3) Make numbers and shapes out of play-doh
- 4) Create your dinner out of play-doh
- 5) Create yourself out of play-doh

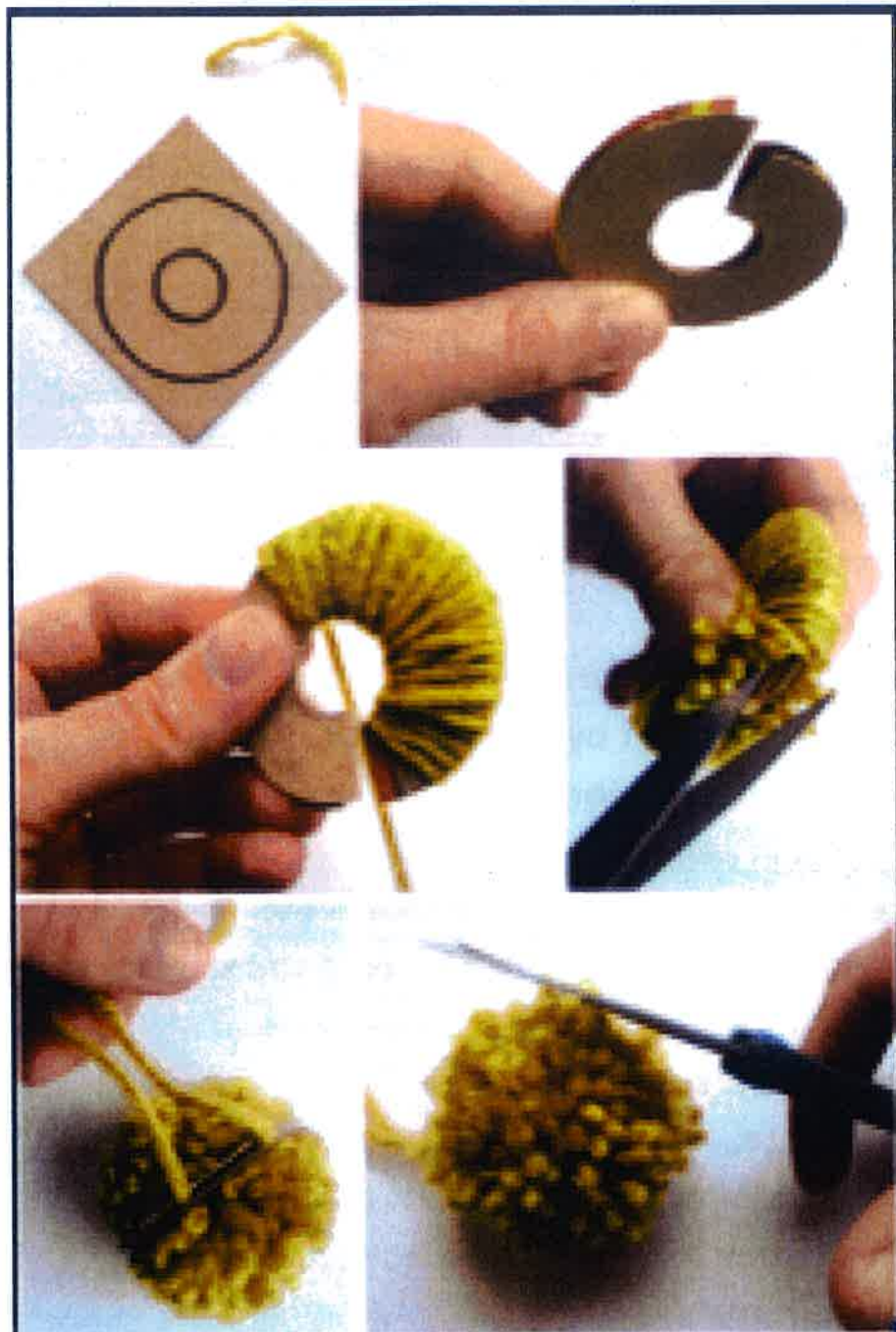
## Activity 21

### Making a pom-pom

Resources:

- 1) 2 card disks
- 2) Wool

### Instructions



## **Extra activities**

- **Cutting**  
Spaghetti, rolled up tissue paper, straws, grass, cutting out shapes or following lines with scissor, scissor workbooks.
- **Wooden puzzles.**
- **Tracing.**
- **Weaving.**
- **Stick buttons, pasta, paper, leaves, dried beans.**
- **Cotton bud painting**  
Their name, shapes, letters, numbers, pictures.
- **Threading beads on to pipe cleaners.**  
On to ribbon, wool.
- **Building**  
Unifix, jenga bricks, polydrons skeleton, mobilo etc.
- **Marble run.**
- **Lasing cards.**
- **Lost property spare clothing – undo do-up bttons, zips buckles and laces.**
- **Sort pom pom colours into bowls, muffin tins.**
- **Sort buttons – sort by size or colour.**
- **Pegs – to pick out pom poms.**
- **Hole punch paper.**
- **Sticker – numbers, phoneme words etc.**
- **Keys – use keys to turn, or play with them by pressing into playdoh.**
- **Sponge paint stamps.**
- **String pasta.**
- **Put rubber bands around plastic bottles.**
- **Feed a tennis ball with pasta, button's etc.**
- **Bolts and screws.**



### **More suggestions**

- 1) Playing with bubble wrap
- 2) Hanging clothes up using pegs
- 3) Finger painting
- 4) Cutting wool
- 5) Tearing up paper

**Add any further ideas in the space below:**