Fine Motor Activities



These activities are particularly beneficial for children in order to build and develop their fine motor control. Firstly, in order to support pencil grip and control your child needs to develop their gross motor skills by making big movements with their arms and shoulders. You can 'sky write' in the air with a hand, wand, lightsaber or ribbon. Paint on the fence or wall using water and paintbrushes or practice catching large balls.

Alongside games that develop gross motor control you can then move on to activities that help develop their fine motor muscles. All of the activities below encourage your child to make small movements with their hands and fingers. This is an important step in prewriting. Good fine motor control will lead to better pencil grip and control.

Below are 18 activities that you can do to support fine motor skills. All are using things that you will probably have around the house and not a pencil in sight!

- 1. Putting lids on Tupperware pots
- 2. Unlocking locks with keys
- з. Cutting spaghetti
- 4. Clipping pegs onto card
- 5. Threading string through cardboard
- 6. Putting pasta on straws
- 7. Printing with Lego blocks
- 8. Writing with a paint brush in salt, flour, sand
- 9. Putting paper clips on card
- 10. Finger printing or painting with cotton buds
- 11. Scrunching tin foil strips
- 12. Putting Cheerios on cocktails sticks
- 13. Folding paper
- 14. Posting money into small jars or a money box
- 15. Putting elastic bands around cups or bottles
- 16. Smashing rice crispies with a toy hammer
- 17. Making Playdough hedgehogs by pinching spikes

18. Collect small objects that fit into an ice cube tray (Information taken from <u>www.phonicsfamily.com</u> with permission).