Fine Motor Skills Activities

Fine motor skills are the ability to make movements using the small muscles in our hands and wrists. Fine motor skills are essential to living and learning. With the development of these skills, a child is able to complete 'everyday' important tasks such as writing, manipulating toys in play and independently dressing. Little hands need to develop dexterity and strength to achieve these skills. Incorporating fun activities into your child's daily routine can help improve their fine motor skills. The ability to learn and practise these skills regularly at an early age will benefit them academically, socially and increase self-confidence.

Below are some suggestions to try with your child at home to help their fine motor development:

- Using pegs to attach things to a skipping rope or washing line
- Roll/squeeze/twist playdough using fingers (there are easy to make playdough recipes online)
- Posting objects such as pennies in a money box or pre-cut slits into cardboard
- Chalking patterns / letters / shapes outside on the ground
- Cotton bud dot painting e.g dot your name
- Threading pasta onto string
- Using child tweezers/ chopsticks to pick up objects and put them in muffin cases e.g. pom poms
- Pushing pipe cleaners through a colander
- Creating rainbows (or a traced shape) with gems / smarties / buttons
- Balancing marbles on top of a golf tee (Stick the golf tees into blue tac / oasis so they stand up!)
- Hedgehog cutting (Snipping at paper with scissors)
- 'Painting' outside with paint brushes dipped in water
- Using Hamma beads to create patterns
- Finger painting
- Adding beads on to a pipe cleaner
- Threading around, or in and out of holes, cardboard shapes
- Dropping pom poms into empty bottles
- Paper weaving
- Manipulating uncooked jelly cubes
- Squeezing bottles filled with water
- Putting rubber bands on peg boards
- Pushing pipe cleaners through buttons
- Attaching paper clips/pegs to paper
- Pushing paint round a zip lock bag to create patterns
- Hole punching patterns
- Threading buttons with ribbons / thread