

# 40 FINE MOTOR SKILLS ACTIVITIES

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# fine motor skills activities

40



The collage features ten distinct activities: 1. A child operating a wooden clothes wringer. 2. A child's hand sifting blue sand through a sieve. 3. A child sorting colorful pom-poms into numbered boxes (1-5). 4. A child placing colorful beads into an egg carton. 5. A child using a straw to blow on a small boat on water. 6. A child using a cookie cutter to shape dough. 7. A child using a cookie cutter to shape dough. 8. A child using a cookie cutter to shape dough. 9. A child using a cookie cutter to shape dough. 10. A child using a cookie cutter to shape dough.

One of the most important ways we can help our children while playing with them at home or in a childcare/ classroom setting is through setting up simple activities that help to develop fine motor skills. Young children need to be able to

hold and use scissors and pencils appropriately before using them in a classroom context. We cannot expect them to be able to write if they haven't yet developed the strength needed in their hands and fingers.

There are plenty of easy ways to strengthen these muscles, practise co-ordination and develop hand:eye co-ordination using simple, everyday materials and a bit of creative fun! Here are 40 that we have done over the past few years with babies to 5 year olds. There are a million variations you could make from each of these to cater for your own child's particular interests and learning dispositions. Use these as a springboard and pin it for future reference too!



[Herbal play dough with natural materials to explore]

My personal favourite tool for developing all fine motor skills is the humble ball of **homemade play dough**. It can be used in SO many ways by adding other combinations of materials to it, and automatically strengthens little hands as they roll, squeeze, twist and build with it. Here is a whole post about the benefits of playing with play dough and a handy guide to starting out with building your own play dough tool kit. Of course, baking with real dough is another wonderful way to play and learn simultaneously!

### The many benefits of play dough (and a tool kit)



Other activities we have loved have included exploring sensory play materials, transporting small parts, threading beads, hands-on art projects, cutting and sticking, tearing and scrunching papers, opening and closing fastenings and countless others. Here is a selection of some of those favourites, all of which can be adapted for different age groups and abilities.

Threading with beads onto pipe cleaners



Threading, posting and slotting toys for babies and toddlers





Poking straws into holes



Monster play dough



Pasta necklaces



Weaving around cardboard



## Fairy sparkle playdough



## Pipe cleaners and colanders



## Beads on spaghetti



Hair rollers sticky construction



Edible fingerpainting

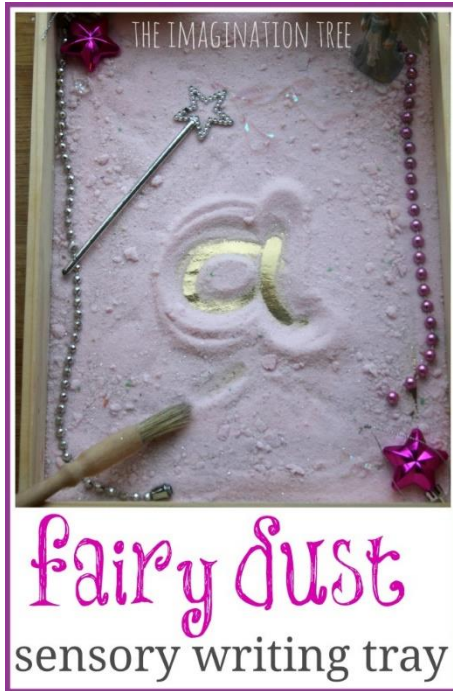


First sewing basket





### Making marks in fairy dust



### Decorating play dough eggs



### Mark making and scooping in lavender sensory salt



### Building 3D models



Sorting and pattern making with shells



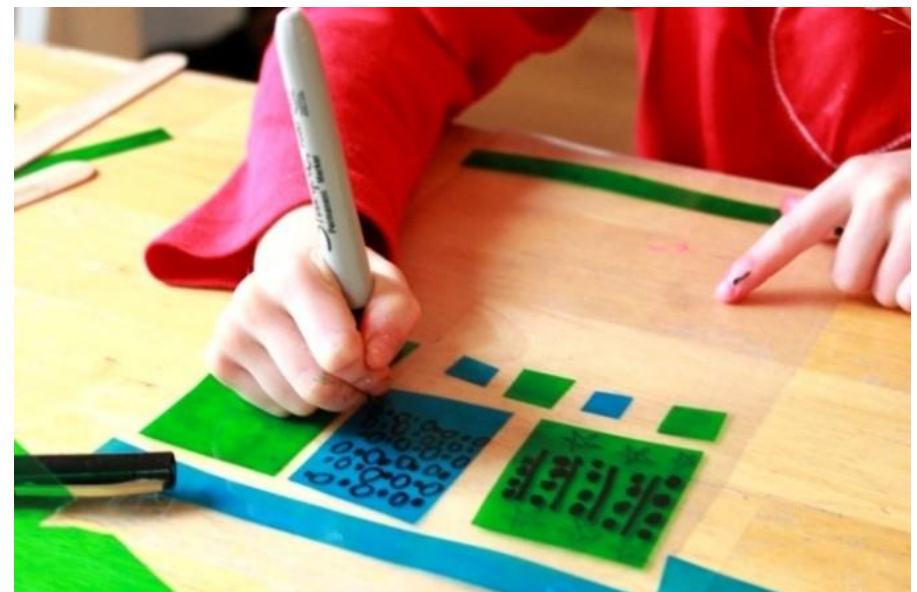
Lid posting game



Patterning with lego



Snipping and doodling sticky stained glass windows





Whisking up coloured sensory soap



Salt dough alphabet modelling



Pebble sorting



## Stacking cups



## Play dough cupcakes





Foam and water window art



Painting with water



Pom pom drop game



Finger paint mono-printing





Matching lids game



Painting with Q-tips



Tape resist paintings



Tinkering with wires and loose parts in play dough





Grinding coffee beans



Sorting coloured chips in egg cartons



Tearing and sticking collage





Paper bag weaving



Sticker and felt collage

