

Fine Motor Activities



Moulding and rolling play dough into balls - using the palms of the hands facing each other and with fingers curled slightly towards the palm.



Rolling play dough into tiny balls (peas) using only the finger tips.



Using pegs or toothpicks to make designs in play dough.



Cutting play dough with a plastic knife or with a pizza wheel by holding the implement in a diagonal volar grasp.



Tearing newspaper into strips and then crumpling them into balls. Use to stuff scarecrow or other art creation.



Scrunching up 1 sheet of newspaper in one hand. This is a super strength builder.



Using a plant sprayer to spray plants, (indoors, outdoors) to spray snow (mix food colouring with water so that the snow can be painted), or melt "monsters". (Draw monster pictures with markers and the colours will run when sprayed.)



Picking up objects using large tweezers such as those found in the "Bedbugs" game. This can be adapted by picking up Cheerios, small cubes, small marshmallows, pennies, etc., in counting games.



Lacing and sewing activities such as stringing beads, Cheerios, macaroni, etc.



Using eye droppers to "pick up" coloured water for colour mixing or to make artistic designs on paper.



Rolling small balls out of tissue paper, then gluing the balls onto construction paper to form pictures or designs.



Turning over cards, coins, checkers, or buttons, without bringing them to the edge of the table.



Match shapes, colour, or pictures to a page and paste them within the outlines



A stress ball or small squashy ball - the child can count the seconds before it regains its shape.



Finger puppets.



Wind up and squeaky squeeze toys.



Pop-together beads, Lego and Multi-link.



sponges or cloths to wring out.



Stacking cups, Russian dolls.



Threading or weaving through netting, screw top jars with things inside.



Use padlocks and keys - how quickly can the children unlock them?



Clothes pegs. How many can the children peg around a box in 1 minute?
Which child can peg the most if playing against a partner etc.



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?



How many bubble wrap bubbles can they pop?



How many paper clips can they join together?



Have a simple outline drawing, children to stick string/wool onto these outlines.



Bending pipe cleaners into different shapes.