

Activities to Develop Fine Motor Skills

Fine Motor Skills Activities

For a wide range of printable fine motor skills activities, go to:

<http://www.twinkl.co.uk/resources/fine-motor-skills-pencil-control>

All of the following activities encourage the improvement of a child's fine motor skills. They are fun for the child to do and can easily be continued at home.

- Have an assortment of beads in different sizes. The children can pick them up and thread them onto cotton, string, wool, plastic wire, or laces.
- Have an assortment of bricks of different sizes. The child can make towers of 10 or more, make a pyramid, copy a pattern if with a partner, connect the bricks together and use alternate hands to build.
- Use sewing cards and threading boards. The child can copy patterns or make their own. They can make their own sewing cards.
- Use dotted paper. Join the dots together using alternate hands, join the dots to make different shapes or a picture.
- Download some dot-to-dot activities from the twinkl website, e.g. <http://www.twinkl.co.uk/resource/t-l-5156-new-alphabet-dot-to-dot-sheets>
- Draw lots of different lines on paper and ask the child to copy them. If possible, use chalk to draw lines on the floor or walls.
- Use tracing paper to copy pictures, letters or shapes from comics, newspapers or books.
- Get a piece of square paper and fold it into the smallest piece possible using only the finger and thumb to make creases. Make paper fans.
- Use the various scissor cutting skills worksheets available from twinkl and cut along and around the different shapes and lines, e.g. <http://www.twinkl.co.uk/resource/t-m-470-scissor-cutting-skills-workbook-parents>
- Make salt dough or bread dough and ask the child to knead it and make letter shapes etc. Make your own jigsaw.
- Use pasta shapes, sequins, lentils or tiny beads to make a picture or pattern.
- Cut up different textures and thickness of materials to make a collage, etc.
- Use finger paints to be creative.
- Put pasta and peas in a bowl and separate them using fingers or tweezers.
- See how many paper clips you can join together in a long chain.
- Practise buttoning and zipping up jackets and coats.

