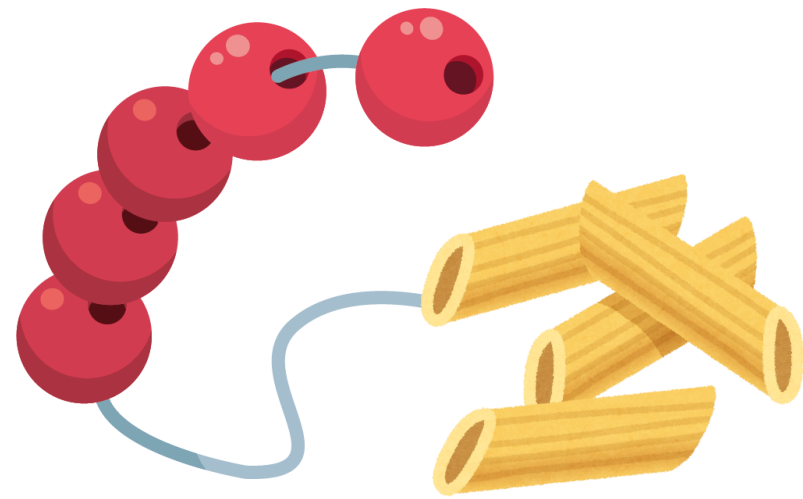


# Fine Motor Activities

You can use these suggested activities at home to support your child's fine motor skill development.



## Threading

Children can thread beads, Cheerios or pasta onto string, wool or pipe cleaners.



## Pegs

Using pegs to help hang the washing or pick up pom poms helps to strength muscles in the hand and fingers.

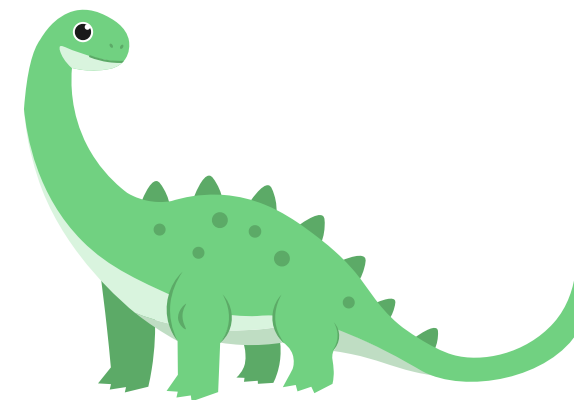
## Playdough

Manipulating playdough helps to strengthen hand muscles. Children can practise rolling, patting, squashing and pinching the dough.



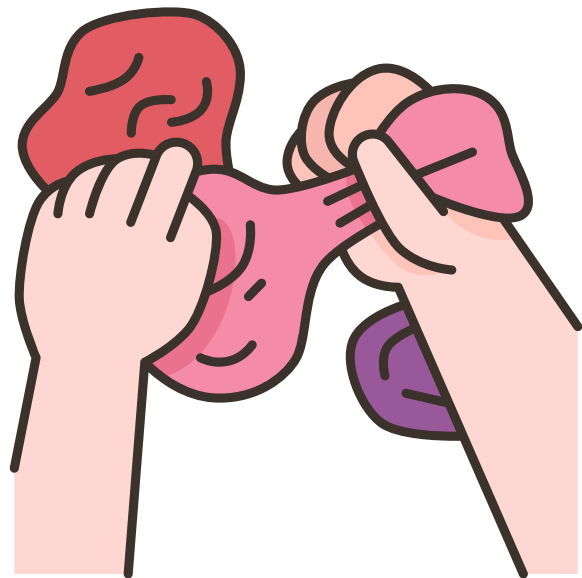
## Trapped Toys

You can 'trap' childrens toys such as dinosaurs or cars in elastic bands and challenge your child to free them!



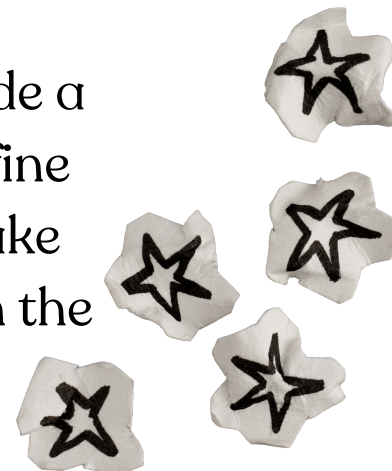
## Tweezer

Children can use tweezers to pick up pom poms, beads or small objects.



## Stickers

Stickers and sticker books provide a great opportunity for practising fine motor skill. They could even make repeating patterns or letters with the stickers.



## Trigger Bottles

Trigger bottles can be used to spray toys, water plants or make marks outdoors.

