

Fine motor skill activities to do at home

1. For this activity you will need a roll of paper, a marker pen and some stickers. Roll out 2-3 metres of paper, cut it out and masking tape it to a hard floor or surface. Using the marker pen, draw a long line with lots of different shapes and swirls along it. Give your child some stickers and ask them to place them along the line. This activity is great for building concentration skills while also helping them to develop hand-eye coordination and pinching techniques.



2. Hang out the washing and develop fine motor skills with this simple game. You will need to print out pictures of different items of clothing, cut them out and place them into a 'laundry basket'. You will also need a small wire draining rack (or something to hang the clothes on) and some pegs. The aim of the game is to hang out all of the laundry on the wire rack 'to dry'. Children often learn by watching and imitating others perform an action so begin the game by both taking part. This activity is a fun way to develop hand-eye co-ordination and strengthen finger muscles!



3. All children love jelly and this is the perfect activity to create excitement around improving scissor skills and pincer grasp! Correctly holding and using scissors to cut out shapes is a skill that guidelines suggest should be achieved by the age of six. Use jelly cubes straight from the packet and place in a bowl. Give your child some scissors and leave them to snip the jelly into different shapes! They can also use their fingers to tear the jelly, making for fun and simple sensory play.



4. All you will need for this activity is a food tin and some elastic bands. Challenge your child to fit all of the elastic bands around the tin. Although this seems very simple, it will help to build dexterity and hand strength as your child stretches and manipulates the bands to fit around the tin.



5. Play dough is a great way to develop fine motor skills and you can make it easily at home for a relatively low cost. Please see the recipe below. You can add different the scents, colours and textures to make it even more inviting. Using play dough helps children to develop strength in their hands. It automatically strengthens hands as they roll, squeeze, twist and build with it. Please see the example of a play dough toolkit.

Quick and simple play dough recipe

- 2 cups of plain flour
- 2 cups of boiling water
- 1 cup of salt
- 2 tbsp of oil
- food colouring, glitter, scents (whatever you want to add)



Mix all the ingredients together and add in colouring if you like. Knead until it creates a smooth dough (be careful as it might be hot).

Keep it in an air tight container.

