

Fine motor skill activities to do at home

Whole arm

Large painting and drawing.
Using equipment such as rakes, brooms and shovels.
Bouncing, throwing and catching a ball.
Climbing, pulling and pushing.
Wheelbarrow walking

Whole hand and pincer grip

Finger painting
Cut straws and make a necklace.
Thread beads onto a pipe cleaner.
Thread 'Cheerio' loops onto spaghetti.
Pick up small items with tongs.
Use cotton buds to paint.
Make playdoh and create things with it- roll, press, squeeze.
Place buttons/counters or paint with cotton buds along different shaped lines.
Transfer leg/duplo blocks using a spoon/spatula.
Push pipe cleaners through holes in cardboard or a colander.
Cut along different lines.
Use a water pistol/spray bottle for painting outside.
Peg out the washing!
Cover some tin foil in shaving foam and write in it.
Pour water from one container to another.
Board games with small pieces (E.g. Operation)
Peel and cut fruit.
Make a sculpture with toothpicks and marshmallows.
Glue seeds to make a picture/mosaic.
Weave using a wire rack and some ribbon.
Connect the dots.
Trace around stencils.