



Ideas for developing fine motor movements.

- Popping bubble wrap with thumb and forefinger
- Squeezing water guns
- Using tweezers for sorting games
- Play dough- pulling apart, squeezing, rolling and pinching
- Place marbles, beads, coins in play dough and ask your child to pull out the objects with their thumb and index finger
- Use index finger, sticks, paintbrush to draw or write in a tray of sand, lentils, rice, flour, shaving foam
- Pegging out the washing
- Washing up
- Mixing ingredients
- Make musical instruments- use screw top bottles with lentils or dried beans
- Junk modelling – use scissors, glue, sticky tape
- Play with water- plastic bottles with screw top lids, tubing, sponges, colanders, straws, funnels, spoons, syringes for squirting
- Dressing up- different types of fastenings
- Use short stubby and thick crayons, chalk or pens as this will encourage a tripod grip
- Practise writing patterns
- Draw people and encourage your child to add as much detail as possible
- Colour in pictures
- Use grease proof paper and trace patterns or pictures
- Use stencils
- Threading or lacing activities
- Lego, stickle bricks, Duplo and other construction toys
- Use an easel with a variety of media

