

Fine Motor Control Activities

- 1) It helps children perform crucial tasks like reaching, grasping, and moving objects.
- 2) Through fine motor skill development, children learn to use tools like crayons, chalk, pencils, and scissors.
- 3) Hand-eye coordination improves as fine motor skills improve.
- 4) Fine motor skills help kids learn and develop handwriting and drawing skills.

Ideas	Activity	Idea	Resources
1	Scissor Practise	Cut along different lines Model how to hold scissors Use scissors to cut shapes in playdough	Scissors Paper – different shaped lines
2	Sand Play	Drawing in the sand – Shapes Numbers Patterns letters	Sand tray or you can use salt
3	Threading	Threading through cooling racks Create pattern with beads etc. Threading through pasta Weaving paper	Beads Shapes/letters String pasta
4	Play dough	Use fists to mould play dough Use fingers to make marks Use cutters to create things Use scissors to cut shapes Roll and make letters/numbers/shapes	Play dough Scissors cutters
5	Chalk Play	On the blackboards or concrete or walls– Make patterns Draw letters/numbers/pictures Draw around bodies Draw a hopscotch Use a paintbrush and water to paint over the chalk marks to make them disappear	Chalks Paint brushes water
6	Popping	Popping bubble wrap	Bubble wrap
7	Pen tug O' War	Each holds one end of the pencil between thumb and index finger. Say 'Go' then both tries to pull the pencil out of your opponent's hand.	Pencil
8	Paper Scrunch	On the command 'Go' scrunch up the newspaper into a ball as fast as you can go – remember to use different hands.	newspaper
9	Tear away	On the command 'Go' tear up paper into the smallest size you can. Try exploring different materials or rolling the paper into a ball then flicking it.	Paper card cotton wool
10	Finger Footie	Improvise goals on each side of the table. Sit facing each other. Roll up a ball and use fingers	Play dough or paper

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		as footballers' legs – kicking the ball into the goal.	
11	Walk the Line	Take a line for a walk – see how long the pencil can stay on the paper.	Paper Pencil
12	Dot-to-Dot	Dot-to-dot pictures - using numbers and the alphabet.	Dot-to-dot pictures
13	Peg it	Using the pegs to make a pattern or simple putting the pegs in the peg board	Pegs Peg board
14	Colour	Colour pictures in – trying to stay inside the lines.	Colouring pictures
15	Tweezers	Use the tweezers to sort different items into trays by colours, size etc.	Tweezers Sorting items Trays pompoms
16	Stretching	Use a variety of bands to stretch the fingers or make bracelets etc.	loom bands elastic bands hair bands
17	Drawing	Using a variety of pens or fun novelty pens to trace, draw pictures or just mark make.	Crayons Pens Pencils chalk
18	Creative	Using old cardboard boxes create roads, round about, car parking spaces etc.	Cardboard Pens Toy cars
19	Water Paint	On walls or concrete children to mark make, form letters, numbers or shapes using water and paint brushes	Water Brushes Bucket
20	Clothes Pegs	Tie a piece of string at appropriate height and peg socks or other small items on. Place pegs around a piece of cardboard e.g. cereal box.	Clothes pegs String Socks Piece of cardboard
#fingergym on Google or Instagram for more activities			