

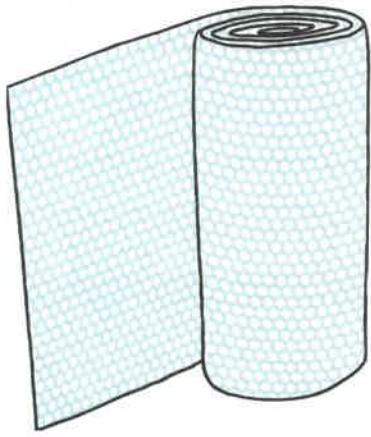
## A Parent Guide to Fine Motor Skills

### Early Writing Activities:

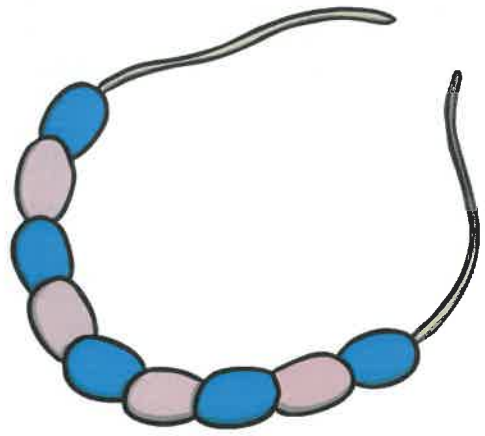
Why not try some of the following fine motor activities at home with your child? Remember, if your child isn't able to do all of these activities, that's okay - find a way to adapt it to suit your child wherever possible.

- Use a finger, paintbrush or stick to trace into a tray filled with sand or another fine material like, sugar or rice. For a dinosaur or farm theme, you could even use dirt!
- Use a child-safe plastic knife to cut soft fruits and vegetables.
- Pinch pegs to hang things on a line or clip around a piece of card. You could even paint the pegs, too.
- 'Paint' a garden fence, patio or wall with large paintbrushes or rollers dipped in water.
- Use tools like biscuit cutters, sticks or stamps in playdough to make imprints.
- Try potato or apple stamps (or other stamps made from cut up fruits and vegetables) dipped in paint and use them to print on paper or other surfaces.
- Draw outside on a wall, fence or pavement with chunky chalks - any lines or scribbles are great!
- Use child-safe scissors to cut up pieces of scrap paper, either randomly or following a line.
- Line up objects - such as toys, pebbles or other small items - in a row according to size or colour.
- While out on walks in natural areas, use sticks to draw in the dirt.
- Even actions that don't leave a lasting mark can be classed as mark making - tracing onto a steamy window, dragging items through puddles or using a squirt gun on paper or a fence.
- Clap out a rhythm along to a song.
- Using a whiteboard and dry wipe pens is a very different sensation - even wiping it off with a whiteboard rubber or piece of tissue is building fine motor skills.
- Dab glue (white glue or a glue stick) on paper or card and stick craft items (e.g. pom-poms, pipe cleaners, etc) or scrap paper to it.

You may also find this more specific guidance for the stages of [pencil grip](#) and [scissor grip](#) useful when helping your child.



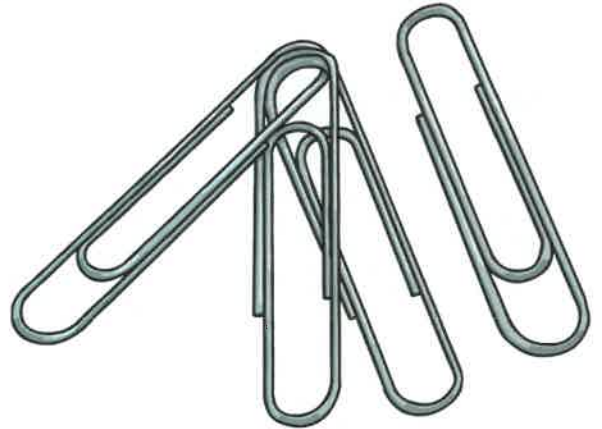
How many bubbles of the bubble wrap can you pop?



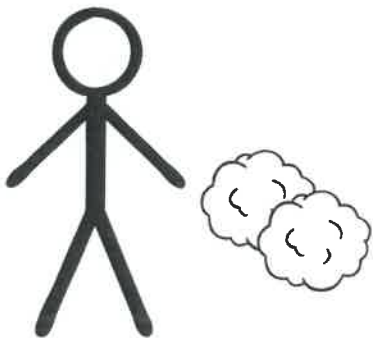
How many beads can you thread on to a string?



Can you separate all the pasta from the peas with your tweezers?



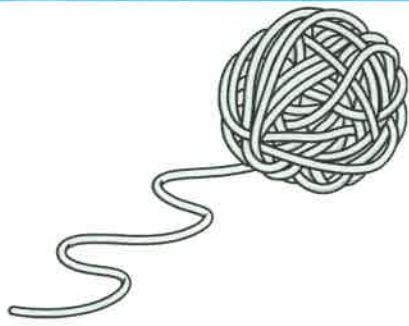
How many paperclips can you join together?



Stick wool or string to your stick figures to make clothes for them.



Draw some felt tip monsters and use a pipette to make them 'melt'.



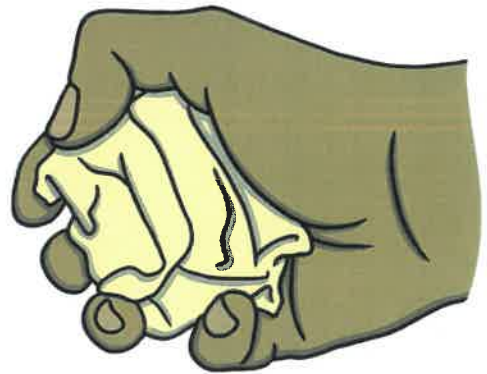
Thread some string or wool in and out of the holes punched in to your paper.



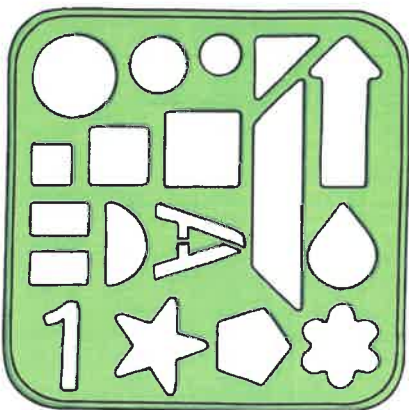
How quickly can you button and zip up your jacket or coats?



How neatly can you cut things out from your scissor activity booklet?



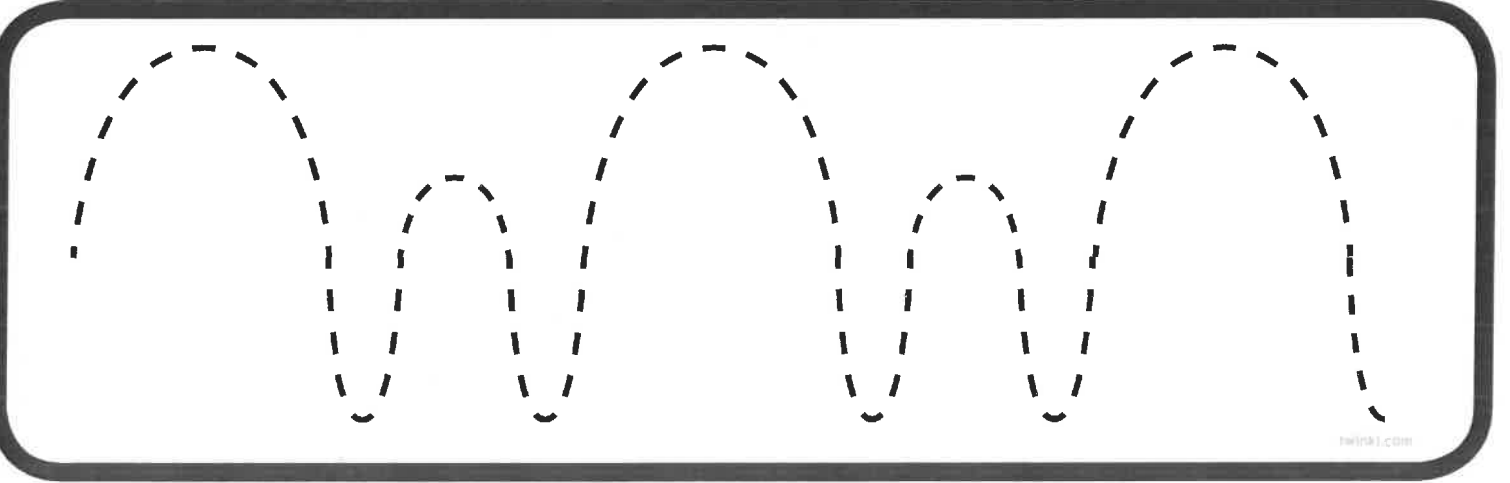
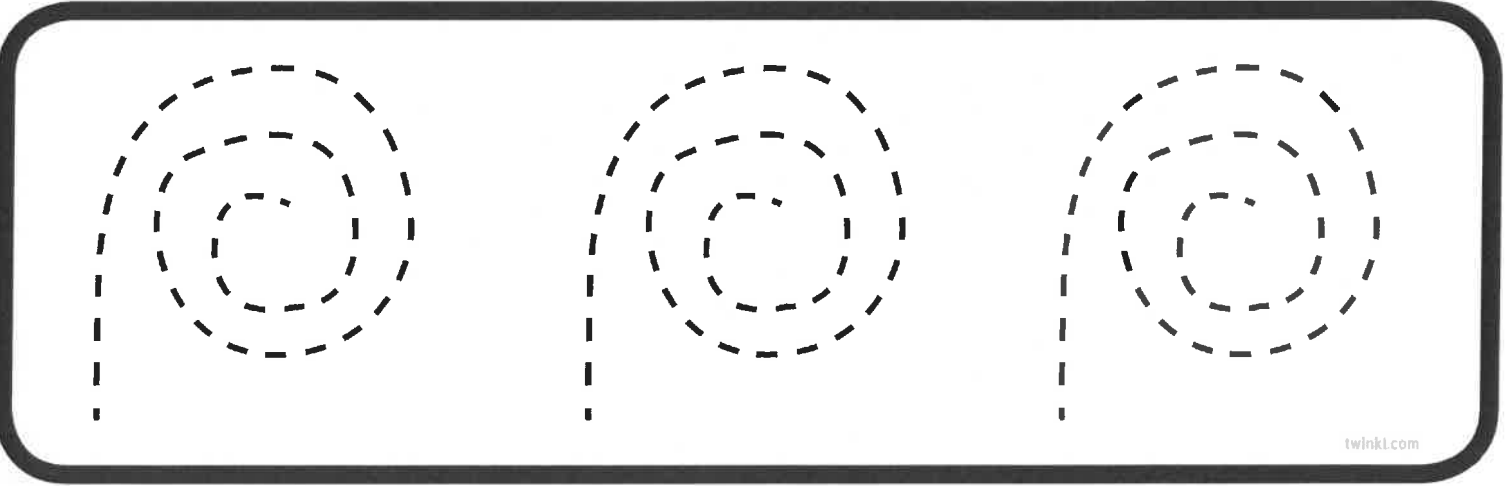
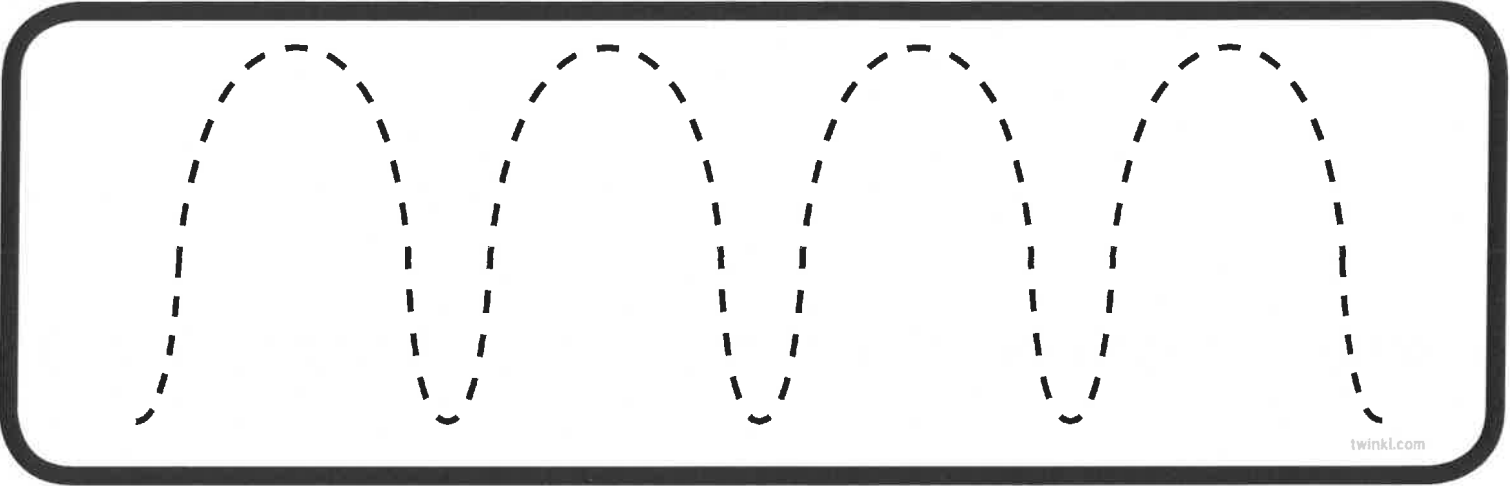
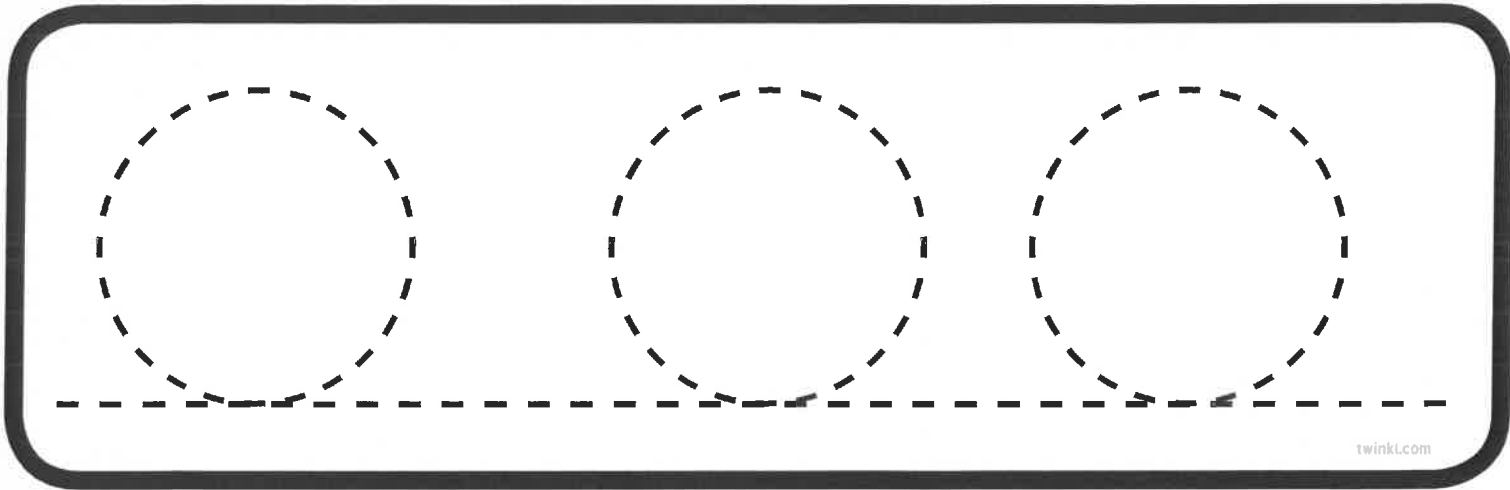
Scrunch and make as many newspaper balls as you can!

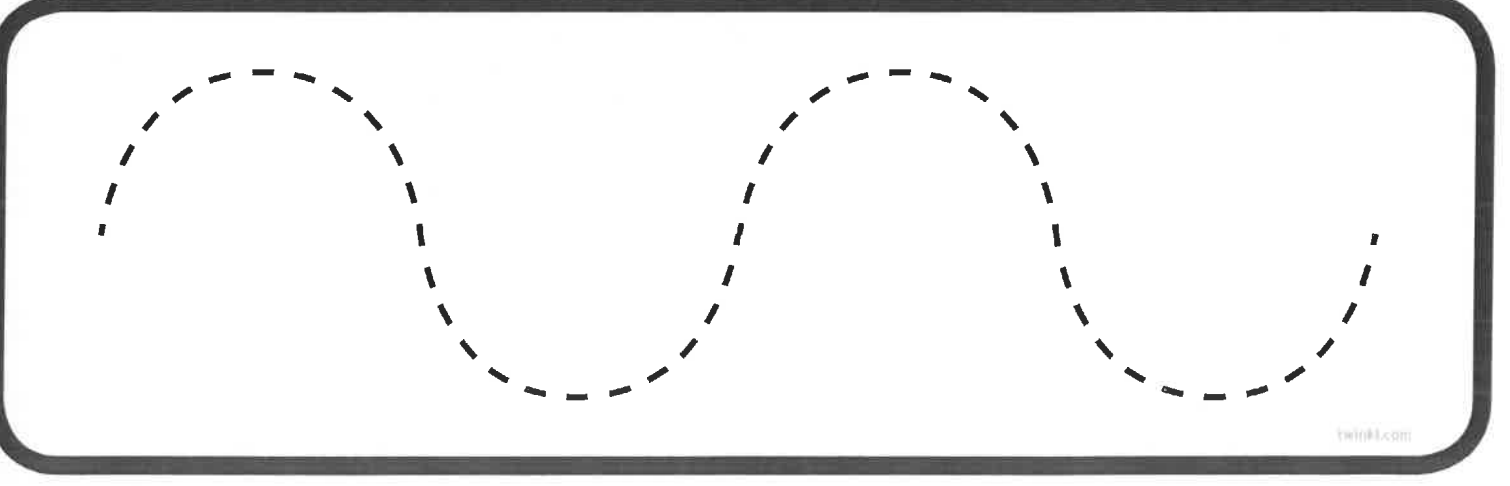
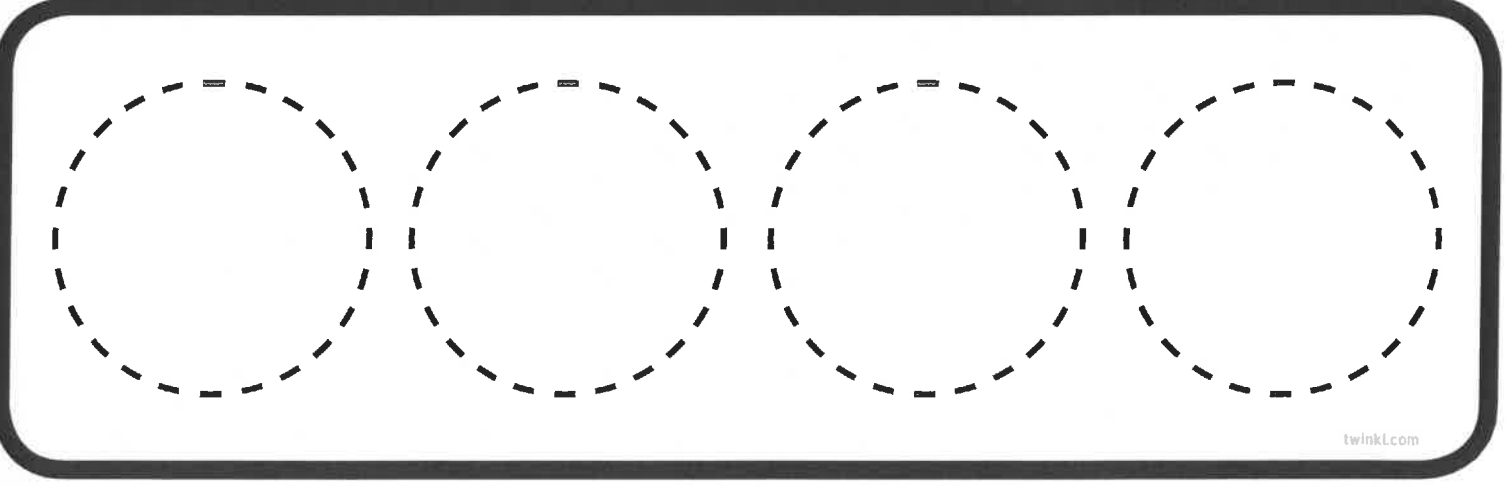
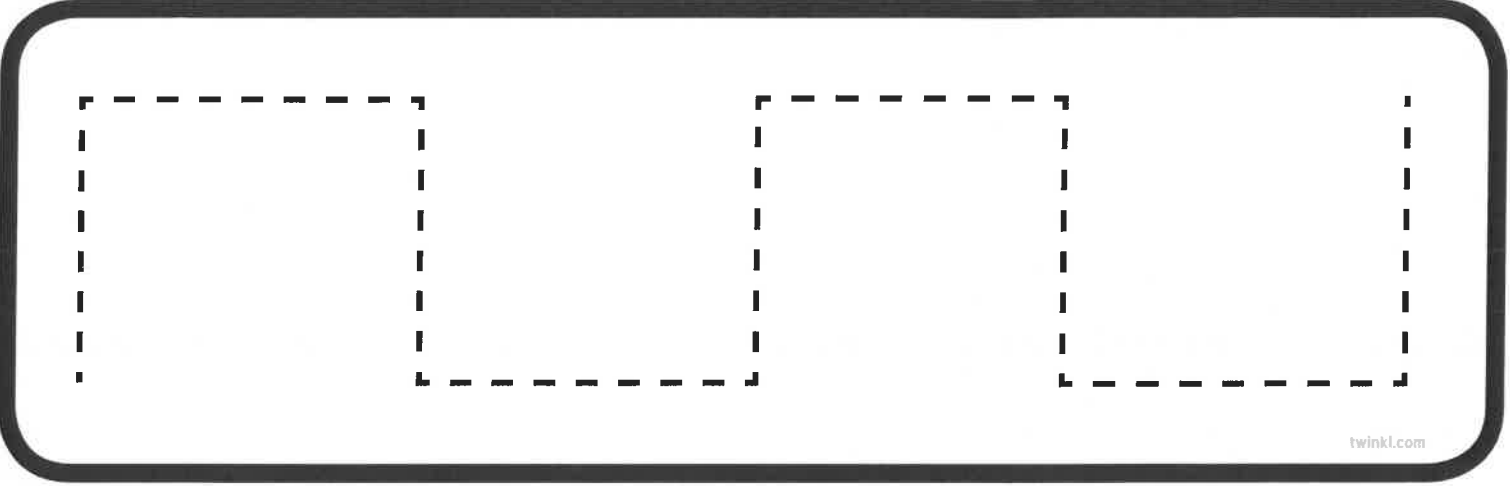
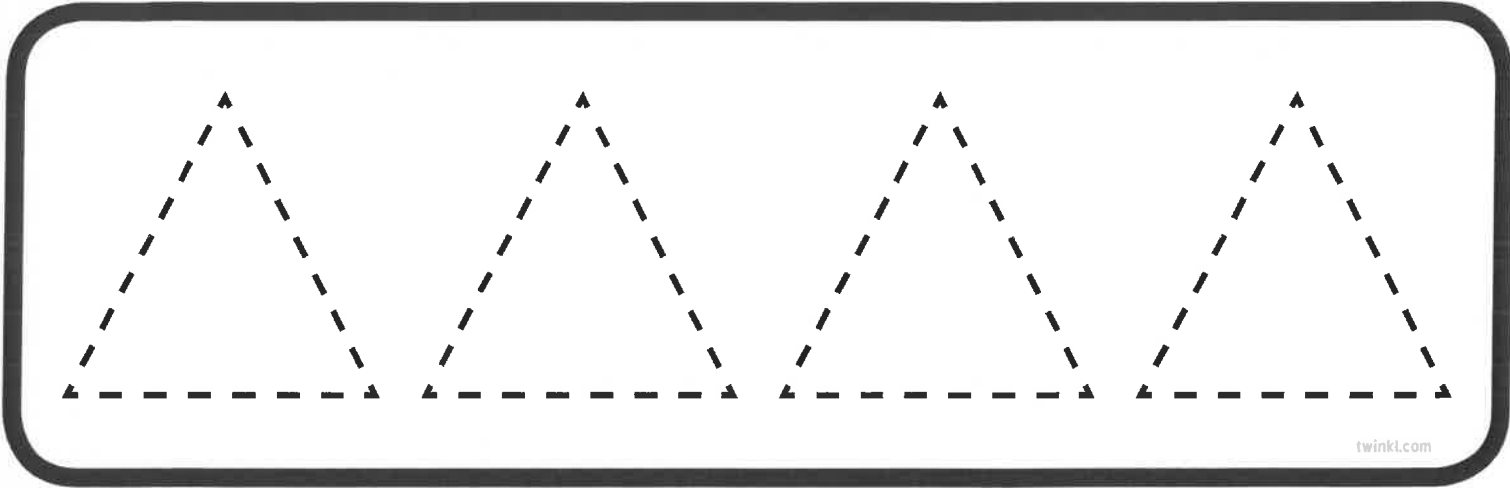


Trace around your stencils as neatly as you can.



How many crabs, wheelbarrows and push-ups can you do in one minute?





# Fine Motor Skills Activity Cards



Fine Motor Skills

Use bubble wrap.

How many bubbles can you pop?

Can you beat your score next time?

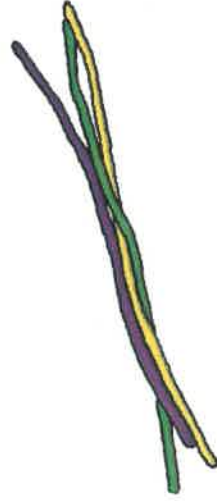


Fine Motor Skills

Use a colander and pipe cleaners.

Can you thread the pipe cleaners  
through the holes?

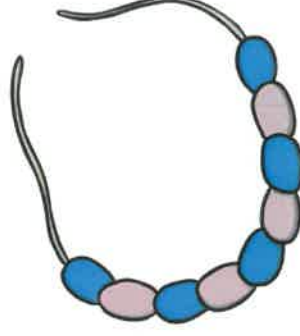
How many can you thread in a minute?



Fine Motor Skills

How many beads or buttons can you thread on a  
lace or string?

Can you make a pattern using different colours?



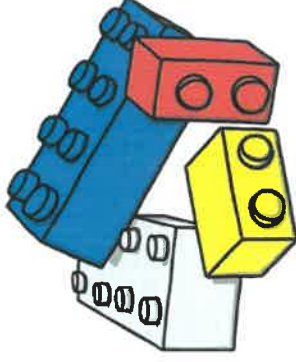
Fine Motor Skills

Use your thumb and finger to practise winding up toys. Watch them go, can you have a wind-up race?



Fine Motor Skills

Use small building bricks to make a construction. Can you push the bricks together and then pull them apart?



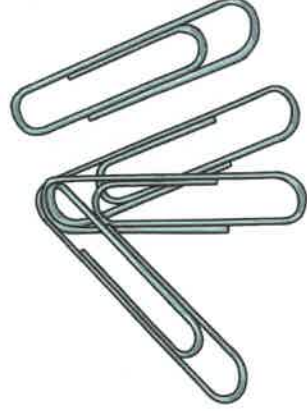
Fine Motor Skills

Use tweezers to see how many pieces of pasta, rice or pom-poms you can pick up.



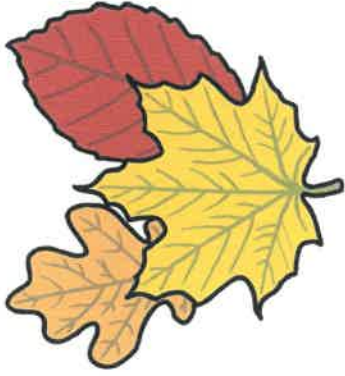
Fine Motor Skills

Can you make a chain of paper clips?  
Can you make a chain longer than a pencil, a ruler, a book or your table?



Fine Motor Skills

Use a mini hole punch – how many holes can you make in a piece of paper, card, tissue paper even leaves?



Fine Motor Skills

How quickly can you do up buttons or zips on a jacket or coat?



Fine Motor Skills

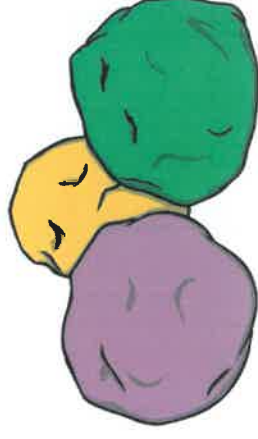
Pick up dominoes and make a long line next to each other, then knock them down!



Fine Motor Skills

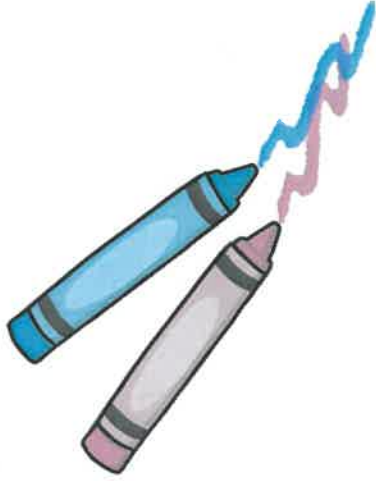
Use your thumbs and fingers to make a modelling dough meal!

What other foods could you make?



Fine Motor Skills

Trace around stencils with a pencil, felt tip, chalk or crayons.



Fine Motor Skills

Roll a ball of modelling dough. Push in golf tees. See how many marbles you can balance. Can you make a spiky hedgehog?



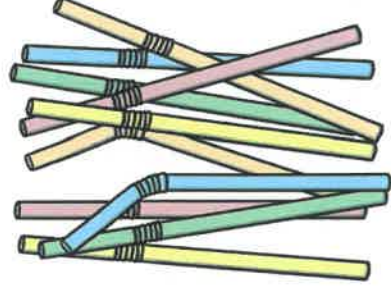
Fine Motor Skills

Use a sand tray and your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!



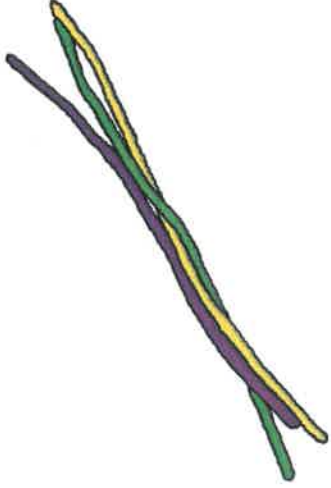
Fine Motor Skills

Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.



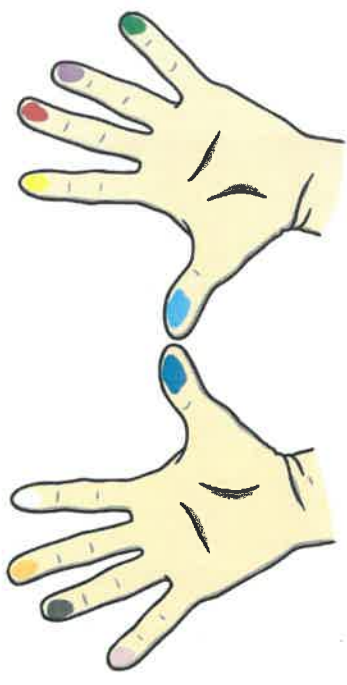
Fine Motor Skills

Wind pipe cleaners around twigs to make mini snakes or curly worms!



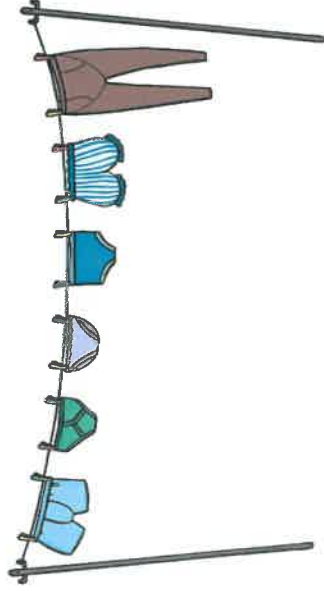
Fine Motor Skills

Use finger paints to make a fingerprint picture, painting or collage!



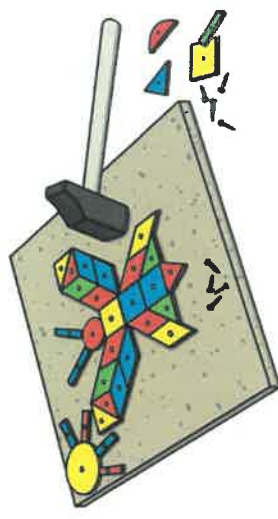
Fine Motor Skills

Use pegs to hang out washing on a washing line.  
How many pieces can you hang out using two pegs?



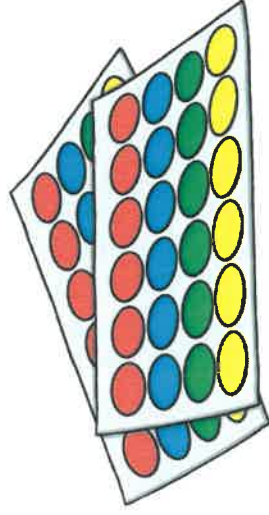
Fine Motor Skills

Use a cork board, mini hammer and wooden shapes to create a picture!



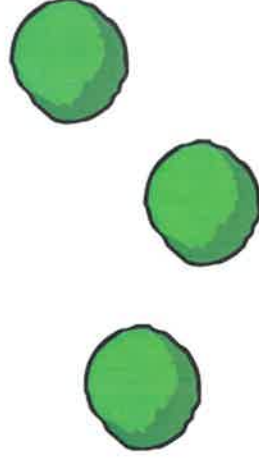
Fine Motor Skills

Use colourful sticky dots, to peel and stick to create a dotty picture!



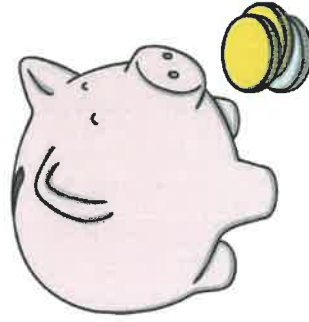
Fine Motor Skills

Use an ice cream scoop or spoon to move pom-poms from one bowl to another. How quickly can you move 5, 10, 20?



Fine Motor Skills

Sort coins into different colour groups. Then use money to post coins into a money box.



Fine Motor Skills

Use pegs and a peg board to make different pattern and pictures. Can you stretch elastic bands across the pegs to make shapes?

