

Fine Motor Activities

1. Warm up time! -

first -> I can watch this on my own

then -> you can do it with me

<https://www.youtube.com/embed/DrBsNhwxyzgc>

2. Pick one of these activities

a) **Stickers** - <https://www.youtube.com/embed/ArOMK-ozUNc>

b) **Threading** - <https://www.youtube.com/embed/7Itu-XImDoc>

Tips

- tie a knot at one end of the string
- you can use pipe cleaners instead of string to make it more sturdy
- you can use tube pasta instead of beads
- for larger threading you can use finished toilet paper rolls on rope

c) **Pegging** - <https://www.youtube.com/embed/PGzLFRXtYgk>

- <https://www.youtube.com/embed/rXYLX0zH6m4>

d) **Make a noise** -

- present me with an array of toys that make noise when you squeeze (pet toys make some great noises!)
- encourage me to squeeze the toys to make a sound!

3. Pick one of these activities

a) **Sensory bin** - <https://www.youtube.com/embed/FJY6PRVGOjY>

Tips

- you can use fingers (pinching) instead of tweezers
- you can use sand, rice or playdough in the bin
- you can choose any sized objects that are suitable to your child's ability
- e.g. larger/easier items such as toy cars, small toys/figurines, small balls, beanbags
- e.g. small items such as marbles, bottle tops, beads, pom poms

b) **Make a cake or pizza** -

- For a cake:

- Roll playdough into a ball
- Sprinkle glitter or sprinkles on top
- Add birthday candles (can substitute with sticks/twigs)

- For a pizza:

- Flatten playdough into a pizza base
- Place 'pizza toppings on base e.g. counters, bottle tops, pasta, string, pom poms
- Sprinkle 'cheese e.g. sprinkles, sequins, glitter

c) **Pick some flowers in the garden!** -

- grasp or pinch at the stems

4. Cool down time!

iPad apps to try

- ready to print
- writing wizard for kids
- finger paint with sounds
- bugs and buttons