

Fine Motor Skills

Fine Motor activities build the tiny muscles in the fingers and hands that are necessary for tasks such as learning to write, un-doing zips and buttons and using a knife and fork.

There are lots of activities you can do with your children to help develop this skill, including:

- **Play dough:** Squishing, moulding, squeezing, rolling and cutting all help build those tiny muscles! The possibilities are endless, you can use play dough, kinetic sand, play foam or even bake biscuits and use the biscuit dough shaping as a fine motor opportunity.
- **Sorting Activities:** Best with small objects (as long as they won't pose a choking hazard to your child) such as Pom Poms, buttons, marbles, rice, stones etc. Children can use their fingers or tweezers/scoops/spoons to sort the different objects.
- **Painting:** This could be with paints or even water outside on concrete slabs! Be creative. They don't even have to use a paint brush they could use their fingers, cotton buds, feathers or cut up potatoes for potato printing.
- **Beading/Threading:** Either with bought beads or homemade versions (like pasta), the actions of putting beads on the string and pulling the string through really helps develop fine motor skills.
- **Weaving/Sewing:** This could be using plastic needles and thread or weaving with strips of paper/pipe cleaners/ribbon.
- **Building:** Playing with building blocks or alternatives such as Duplo, Lego, mega blocks.