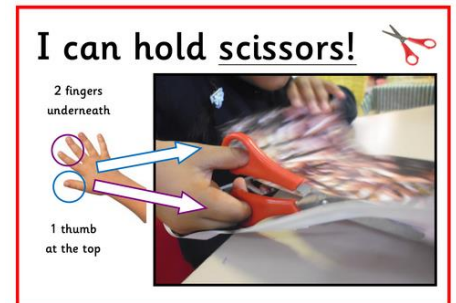


Fine motor activities that can be done at home

It is very important when children learn how to draw, write and cut that their hands are strong enough to hold and manipulate the tools. Implementing fine motors activities at kinder and at home will help children develop strength in their hands. Below are some examples of activities that you can implement at home.



- Play dough- you can add scissors, rolling pins and small objects to the play dough activity.
- threading with beads onto pipe cleaners
- weaving around cardboard
- threading the pipe cleaners through the colander holes (see picture)
- making necklaces with beads of pasta
- Lego construction
- Pebble sorting
- Painting (finger painting, sponge printing, paint brush painting)
- Dot painting
- Drawing
- Cutting activities
- Tearing paper
- Press stickers onto letters of your name
- Place buttons on drawn lines and zig zags
- Drop pom poms through a cardboard tube (you could use toilet rolls)
- Use a hole punch with paper and then thread string in and out of the holes
- Sand, salt or shaving cream finger drawing
- Practice cutting skills by cutting along lines- straight, curved, zig zag
- Pouring water into cups
- Mosaic collage
- Playing with nuts and bolts
- Drawing under the table- stick a piece of paper under the table for the child to draw on. (see picture)
- Playing with pegs- sticking them onto paper/paper plates or your child could help you peg the clothes onto the washing line.
- Collage- creating something using recyclable objects
- Cut out pictures from a magazines or a newspaper.
- Make a fringe on the edge of a piece of paper, toilet or cardboard roll
- Make pipe cleaner people or animals
- Encouraging your child to do their buttons or zip when getting dressed.
- www.education.com have some great free fine motor printable activities available.



Thank you to www.prekinders.com , www.theimaginationtree.com, www.funlearningforkids.com , www.education.com , pinterest and www.theottoolbox.com for the fun fine motor activities.

If you would like more ideas or information please visit the website above.