



Nafferton Primary School



Fine Motor Activities Pack



Fine Motor Skills Activity Pack

The process of writing for young children requires them to develop a whole range of muscles as well as good hand eye co-ordination. We need to develop shoulder, elbow and wrist pivot as well as fine motor strength. This pack has been developed to support your understanding of activities which will help to develop these and to support your child at home; we also use many of the activities in school. The activities are meant to be fun and varied and will help to develop a range of movements. A list and examples are included but many can also be found using a fine motor skills activities search on line.

Activities to promote fine motor control.

- Malleable materials including play dough, junk modelling, mud kitchen
- Cutting things out using scissors
- Threading beads
- Lacing cards
- Colouring (Try to stay in the lines)
- Painting using cotton buds
- Pegging pegs on a box
- Small lego
- K-nex
- French knitting - challenge
- Finger knitting
- Using pipettes in mud or water play
- Picking small objects up with child plastic tweezers. (challenge - how fast can you do it?) These could be beads, small construction toys, plastic sea creatures. Anything!

Put the pegs in a pile and place box close by. Standing up children have to see how many pegs they can pick up with one hand (one at a time) and then peg them to the side of the empty box. If they get quick at this, their challenge is to unpeg them and put them back.

- Nuts and bolts

Unscrew nuts from bolts and mix them in a tray. Children have to use both hands to find a nut and a bolt and screw them together. Can they then unscrew them?

- Golf tees and oasis or something that the tees will sit in firmly.

Put the golf tees into the oasis. Children have to transfer something which will sit in the tee using tweezers (such as beads)

- Threading skewers (or straws)

Insert a skewer into dough so that it is held upright. Thread pasta or beads onto the skewer.

- Lentils, rice and peas.

Mix lentils, peas and rice in a bowl and children sort these using fingers (for extra challenge) or plastic child tweezers into different yogurt pots or bowls.

- Weaving

Weaving strips of fabric or paper using a number of elastic bands on a box.

If you find any good activities please let us know so that we can add to this list.

Some more ideas with images.



Picking up fuzzy balls with tweezers.
with beans or stars.

Trace the shape



Putting colourful elastic bands around a tin can.
Bugs and bottle tops.



Threading pipe cleaners through a colander.
Homemade French Knitting kit.

Basic Play Dough Recipe

The cup size used will determine the quantity of play dough which will be made. Same sized cup should be used for all quantities.

3 cups of plain flour

1 ½ cup of salt

1 ½ tbsp. Cream of tartar (3 of the small packets)

3 tbsp. oil

3 cups of Hot water (Take care if you are making with your child)

Food colouring of choice (or you can make plain)

Place all ingredients in a bowl, adding hot water last, and then mix. Leave to cool.

Keep in a sealed container.

Microwave play dough

2 cups

2 cups salt

2 cups water

4 teaspoons oil

4 teaspoons cream of tartar

Food colouring

Keep in a sealed container.

Place ingredients in a bowl and mix, microwave for 3 ½ minutes, mixing every minute. Leave to cool.

Salt Dough

Good activity, especially good if wanting to make Christmas decorations with your child.

1 cup of salt

4 cups of flour

About 1 ½ cup of hot tap water

Pour the water and salt into a bowl and stir for a minute. The grains of salt should get smaller but not dissolve. Add the flour and stir until the water is absorbed. Knead for several minutes. It is ready to use when the texture is smooth and pliable. Create your designs (cookie cutters are great for

Christmas decorations, roll out like pastry and cut out, remember to skewer a hole in the top for hanging) Bake dough on baking parchment at 325F for about 2 hours. Bake until the dough is hard. Paint when cooked and when dry coat in PVA glue to protect them.