



FINE MOTOR SKILL ACTIVITIES

The Importance of Fine Motor Skill Development.

Fine motor skills are those that involve a refined use of the small muscles which control the hand, fingers and thumb. With the development of these skills, a child is able to perform precise and refined movements such as writing, painting, drawing, zipping their coat, doing the buttons on their clothes etc.



- Manipulating playdough
- Threading objects i.e. dried pasta or beads
- Practise buttoning and zipping up jackets and coats.
- Colouring or painting between the lines
- Using clothes pegs
- Stretching rubber bands or loom bands
- Squeezing bottles (i.e. in the bath or small glue bottles if doing arts and crafts)
- Pulling objects off sticky paper
- Painting with cotton buds
- Tightening nuts onto bolts
- Using tweezers or tongs to pick up objects
- Bending pipe cleaners
- Using stamps on paper or playdough
- Tearing paper
- Using Lego
- Sewing using picture boards
- Using scissors
- Using stickers
- Squeezing paint pipettes
- Using hole punches
- Dot-to-dot activities
- Chalking straight lines
- Use finger paints
- Put different sized objects in the bowl and separate them with their fingers i.e. dried pasta and peas etc
- Squeeze a small sponge or small ball of paper
- Finger flicking small pieces of rolled tissues into a goal
- Use empty squeeze bottles to blow a ping pong ball

