

Activities to develop fine motor skills

1. Take a line for a walk – see how long the pencil can stay on the paper.
2. Sorting – small objects such as paper clips, screws, bolts, buttons, etc.
3. Clipping things together – using pegs, paper clips, etc.
4. Dressing up activities – involving the use of clothing fasteners such as buttons, zippers and laces.
5. Post-a-shape – matching shapes to the correct opening.
6. Bead threading – copy the pattern.
7. Tracking and maze activities
8. Cutting and pasting – patterns, pictures, classification activities, project scrapbooks.
9. Tracing – lines, shapes and simple pictures.
10. Copy writing patterns 1 – using coloured sand.
11. Copy writing patterns 2 – using chalk.
12. Colouring patterns and pictures – using different media.
13. Dot-to-dot pictures – using numbers and the alphabet.
14. Line-links – following the line from one end to the other (e.g. mouse to the cheese).
15. Modelling – with clay, Plasticine etc.
16. Painting and printing – using different sized brushes and different types of printing materials.
17. Jigsaw puzzles – starting with simple peg puzzles with pictures and shapes that need to be slotted into the correct space, then introducing traditional puzzles of varying degrees of difficulty.
18. Peg boards – these can be used to make simple or more complex patterns.
19. Building blocks – start with larger wooden ones if possible and then introduce smaller ones.
20. Constructional apparatus – of varying degrees of difficulty (e.g. Duplo, Lego).
21. Jacks or marbles – children learn to control fine motor movements with these games.
22. Computer-aided picture and design activities
23. Sewing activities

24. Finger puppets
25. Construction activities – involving the use of plastic nuts, bolts and screws.
26. Musical instruments – playing as wide a range as available.