

How to help at home Fine Motor Control Activities

Pick up small objects such as coins, beans, marbles, seeds, buttons, nuts and bolts. Sort them into containers of varying sizes.

Put keys into locks to open doors or padlocks.



Screw and unscrew objects such as nuts and bolts, caps from jars, tops from bottles

Crumple paper into a small ball and then smooth it out with one hand.

Roll a pencil between thumb and fingers without dropping it.

Put rubber bands around various-sized containers and objects.

Roll a pencil between thumb and fingers without dropping it.

Place pegs on the edge of a box or container or on a line.

Do up buttons and zips.



Stack objects (coins, cards, blocks, etc.)



Threading beads onto a string.

Use scissors to cut straight and curved lines/shapes drawn on paper, card, cloth.

Move spoonfuls of small objects from one bowl to another.

Pick up objects (blocks, cotton balls, pom-poms, crumpled balls of paper, counters, etc.) using various-sized tongs, tweezers or pegs.

Manually sharpen pencils.

Put paper clips onto paper or join them together.

Turning over cards, coins, or buttons, without bringing them to the edge of the table.

Playdough (see over for recipe). Encourage the children to pull, squeeze, roll and twist using the palms of their hands and their fingertips. They can also prick out designs using toothpicks in the dough.

Pop bubbles in bubble wrap.



Stick string/wool or beads onto a simple outline drawing.

Playdough Recipe (cooking required)

2 cups of plain flour
1 cups of salt
2 cups of water
2 tablespoons of oil
2 teaspoons of cream of tartar
food colouring

Mix all the ingredients together in a large saucepan.
Use a balloon whisk to get rid of the lumps of flour.
Cook over a medium heat, **stirring all the time**.
Remove from heat when mixture comes away from
the side of the saucepan.
Knead for a couple of minutes until dough is smooth.
Store in an airtight container.

Or alternatively cook in microwave for 2 minutes at
a time stirring each time until mixture forms a firm
dough.

Playdough Recipe (no cooking required)

2 cups of plain flour
1 cup of salt
 $\frac{1}{2}$ - 1 cup of water
1 tablespoons of cooking oil
2 drops of food colouring

Combine plain flour and salt
Add water, food colouring and cooking oil
Mix until ingredients are combined
Knead for a couple of minutes until dough is smooth.
Store in an airtight container.

For both recipes you can add food flavourings,
such as peppermint or strawberry, to make it more
interesting.

