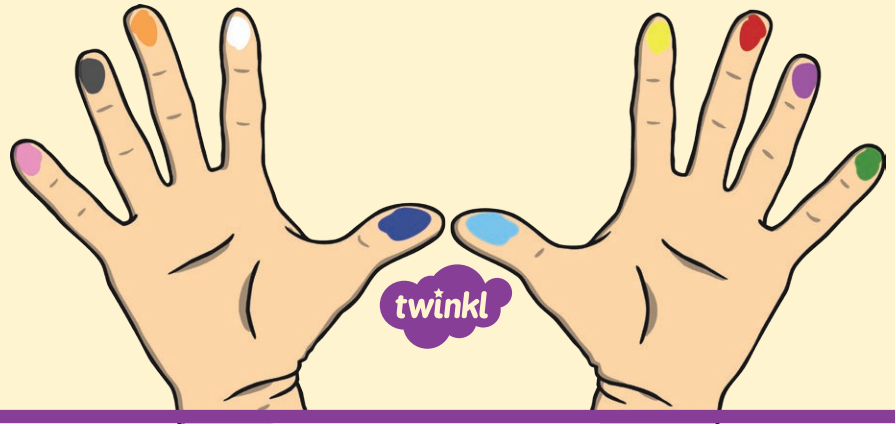
Fine Motor Skills

Activity Cards

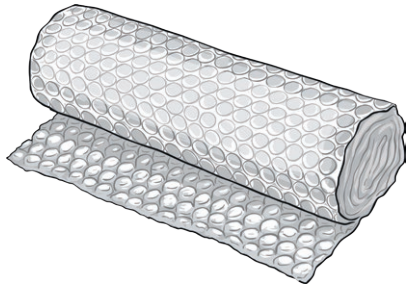


Fine Motor Skills

Use bubble wrap.

How many bubbles can you pop?

Can you beat your score next time?



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Fine Motor Skills

Use a colander and pipe cleaners.

Can you thread the pipe cleaners through the holes?

How many can you thread in a minute?

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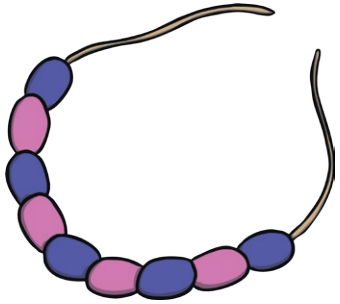
Fine Motor Skills

How many beads or buttons can you thread on a lace or string?

Can you make a pattern using different colours?



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Fine Motor Skills

Use your thumb and finger to practise winding up toys. Watch them go, can you have a wind-up race?

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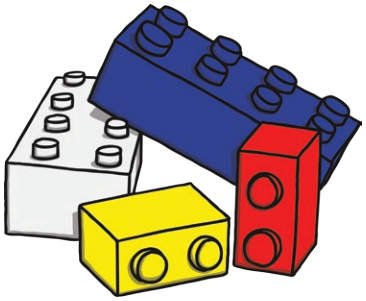
Fine Motor Skills

Use small building bricks to make a construction. Can you push the bricks together and then pull them apart?



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Fine Motor Skills

Use tweezers to see how many pieces of pasta, rice or pom-poms you can pick up.

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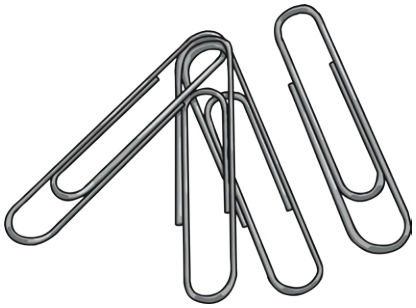
Fine Motor Skills

Can you make a chain of paper clips?

Can you make a chain longer than a pencil, a ruler, a book or your table?



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Fine Motor Skills

Use a mini hole punch – how many holes can you make in a piece of paper, card, tissue paper even leaves?

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Fine Motor Skills

How quickly can you do up buttons or zips on a jacket or coat?

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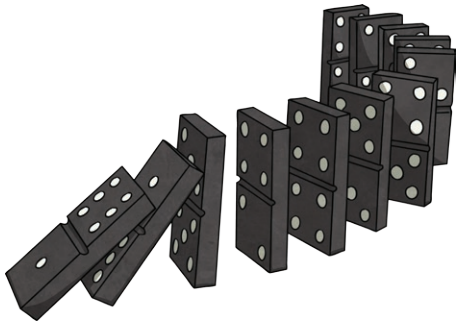
Fine Motor Skills

Pick up dominoes and make a long line next to each other, then knock them down!



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Fine Motor Skills

Use your thumbs and fingers to make a playdough meal!

What other foods could you make?

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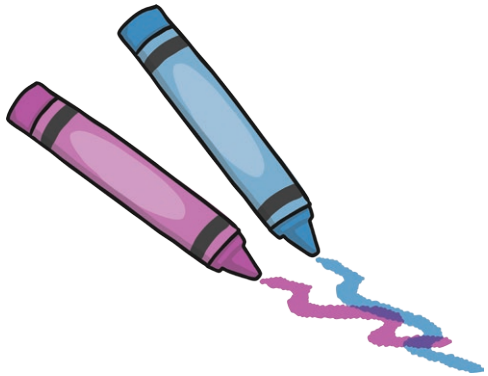
Fine Motor Skills

Trace around stencils with a pencil, felt tip, chalk or crayons.



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Fine Motor Skills

Roll a ball of playdough. Push in golf tees. See how many marbles you can balance. Can you make a spiky hedgehog?

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Fine Motor Skills

Use a sand tray and your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!

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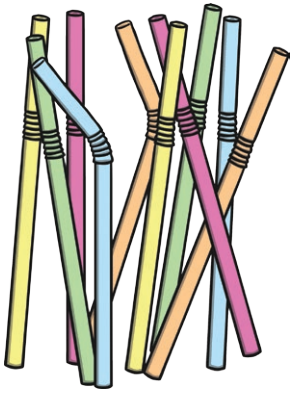
Fine Motor Skills

Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.



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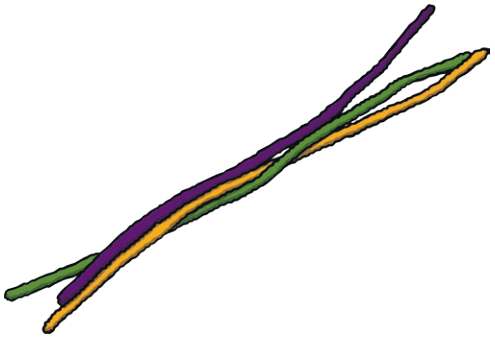
Fine Motor Skills

Wind pipe cleaners around twigs to make mini snakes or curly worms!



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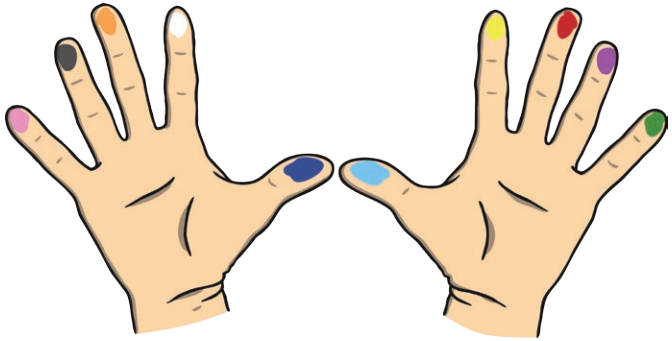
Fine Motor Skills

Use finger paints to make a fingerprint picture, painting or collage!



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Fine Motor Skills

Use pegs to hang out washing on a washing line. How many pieces can you hang out using two pegs?

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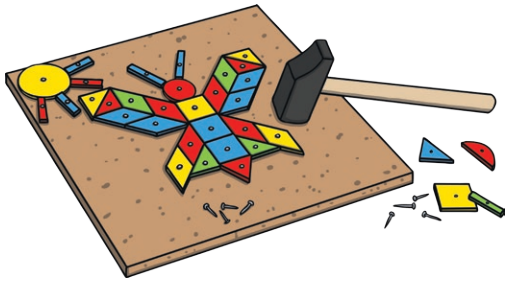
Fine Motor Skills

Use a cork board, mini hammer and wooden shapes to create a picture!



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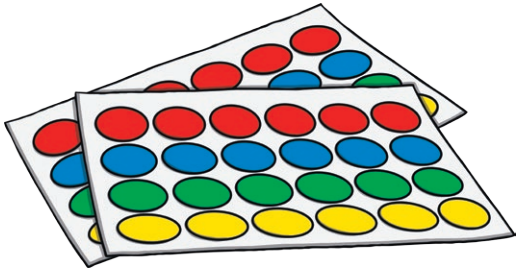
Fine Motor Skills

Use colourful sticky dots, to peel and stick to create a dotty picture!



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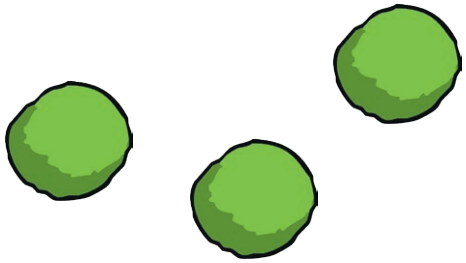
Fine Motor Skills

Use an ice cream scoop or spoon to move pom-poms from one bowl to another. How quickly can you move 5, 10, 20?



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Fine Motor Skills

Sort coins into different colour groups. Then use money to post coins into a money box.

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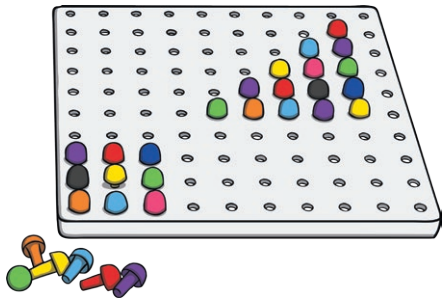
Fine Motor Skills

Use pegs and a peg board to make different pattern and pictures. Can you stretch elastic bands across the pegs to make shapes?



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