

Fine Motor Control activities



Making and playing with playdough

(easy, no cook recipe <https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>)

This activity automatically strengthens their hands as they roll, squeeze and twist. You can also add other materials into the dough e.g. pasta, buttons, rice...



Threading

This requires concentration and good hand/eye co-ordination. They could thread cheerios onto spaghetti, pasta onto string, wool around cardboard etc.



Painting

This could be with their fingers, large paintbrushes, rollers, water pistols or even carrots etc.



Collage

Tearing and sticking is great way to work their fine motor skills. You can use natural resources too, such as leaves and petals.



Woodwork

Children should be supervised at all times but using stubby hammers and screwdrivers is fun, gives them a purpose and builds up the strength in their hands.



Using stationary

Hole punches and staplers are good as they have to push down, peeling masking tape or stretching rubber bands around items like pine cones or potatoes.