

Motor Skill Activities to do at home

* Mark making – use a variety of utensils eg pens, paintbrushes, chalk, fingers.
* Playdough.
* Thread pasta onto string/wool.
* Thread Cheerios onto spaghetti (uncooked!!).
* Play with Lego.
* Use chalk outside.
* Inset puzzles.
* Shaving foam – practise writing shapes/letters/numbers.
* Practise using scissors.
* Colouring.
* Wind up toys.
* Set up an obstacle course.
* Take turns to peg each other’s clothes – encourage to remove pegs by squeezing (not just pulling).
* Use pegs for colour (or number/letter) matching – see picture at top.
* Throw an item eg bean bag/small ball, into a target eg bucket.
* Make a picture using stickers.
* Keep a balloon in the air as long as possible.
* Build a tower with blocks.
* Indoor bowling/skittles
* Tracking
* Practise using a knife, fork and spoon.