

Fine Motor Skills Activities

It is so important that your child continues to develop their fine motor skills whilst learning from home. You may have heard these activities referred to as 'Busy Fingers' or 'Finger Gym'. They are everyday activities designed to help control children's hand, fingers and thumb muscles, and to develop dexterity and strength. Basic skills like cutting, using scissors and holding a pencil are essential life skills. These activities are designed to develop strength in your children's hands and fingers that will help them with their writing.

Below are some suggested activities you can do with your children at home, and also a list of websites with further ideas. There are a million variations to cater to your child's interest; so it's time to get creative and have fun! 😊

Finger Gym Activities:

Threading

Thread string through buttons or holes in paper plates. You can even thread cereal or pasta over spaghetti... try not to break it!



Playdough

Get creative! Make a rainbow, or a landscape for your favourite plastic toy animals! Maybe you could try and make letter shapes too. Bram and I love making hilly landscapes for toy car races!



Cutting

Draw mazes and patterns and help your child to cut them out accurately. Or use toilet roll or kitchen roll tubes to make paper creatures like these ones!



Websites:

<https://www.education.com/activity/fine-motor-skills/>

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

<https://www.pinterest.co.uk/pediastaff/fine-motor-activities-exercises/>

<https://www.kumon.co.uk/blog/fine-motor-skills-activities-for-children/>

Play dough Recipe: ALWAYS WITH A GROWNUP! 😊

You need:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- Few drops food colouring (optional)
- Few drops glycerine (my secret ingredient for stretch and shine!)

Method:

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl
2. Add food colouring TO the boiling water then into the dry ingredients
3. Stir continuously until it becomes a sticky, combined dough

4. Add the glycerine (optional)
5. Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone.
6. This is the most important part of the process, so keep at it until it's the perfect consistency!
7. If it remains a little sticky, then add a touch more flour until just right.

Have fun!

Best Ever Play Dough Recipe!

<https://www.youtube.com/watch?v=SMw41MyD0Sk>

Miss O'Connell 😊