



Some ideas for developing gross and fine motor control.

Lots of the activities below can be done when you have a spare few minutes or as part of everyday life.

Provide sewing and weaving activities-punch holes in a paper shape and thread different coloured wool through.

Involve the children in chopping, peeling, rolling, mixing and cooking activities.

Use woodworking tools – pliers, screwdrivers, hammers. Can you unscrew an old plug?

Use finger rhymes, counting fingers, e.g. pat a cake, tommy thumb, 2 little dicky birds, wind the bobbin up

Build with small construction toys e.g. lego, mobile, k'nex

Join jigsaw pieces together.

In sand and water play sieve, pour, pick up toys hidden using tools, etc.

Match and screw on different bottle tops, lids.

Use tweezers to pick up and sort sequins, small beads, etc., sprinkle coloured sand, glitter, salt, etc. on pictures.

Provide the children with paints, finger paints, shaving foam, wet porridge oats etc. for making big patterns using fingers and hands on a tray or table top.

Encourage the children to strengthen their fingers by using clay, play dough, Plasticine, etc., for modelling- squeeze, roll with 2 hands, in the palm. Make a long sausage then snip with scissors. Rejoin pieces together by squeezing.

Give the children thick paintbrushes and water to paint patterns on walls, fences, etc.

Draw patterns, write names in chalk on the ground, fences, walls.

Throw and catch bean bags/balls.

Roll and catch hoops.

Use wind up toys

Magnets-hold one in each hand can you push them together/pull them apart?

Ride bikes, trikes or scooters. Can you use the pedals to go up a slope?

Roll down a slope or hill-make sure there are no obstacles!

Go swimming.

Wash and dry up.

Help with the washing- can you wring out wet clothes, peg out the washing?

Visit the park, climb up the steps to the slide, balance along beams, hold your weight on the monkey bars.

Make pasta necklaces, thread penne pasta onto wool.

Some good ideas at www.-mom-learning-activities.com

If you do 10 of these activities, tick them off, return your sheet to school and receive a super sticker! Have fun!

