

BUILDING STRONGER HANDS

FINE MOTOR & HANDWRITING ACTIVITIES

To be neater, happier hand writers, we need **strong** hands!

Try including these activities into your daily home learning to improve your hand strength!





Start by warming up your hands with some finger stretches!

1. Open your fingers as wide as you can. Then, squeeze your fingers tight into a fist. Repeat a few times.
2. Hold your hands fingertips together and push in and out (finger press ups!)
3. Make a claw with your hand and hold, then open your fingers wide.
4. Lay your hands flat on a table, then lift each finger to stretch, one at a time.
5. Make an "O" with your thumb and one finger, taking turns to use each finger, then repeat.

# Be creative with play dough!

- Use your hands to roll the dough.
- Make a smooth ball between your hands.
- Squeeze and flatten the dough.

- Use tools (like spoons, sticks, or cookie-cutters) and make marks in your dough.
- Can you draw a picture on a flat piece of dough?

Use your play dough to build a model of your favourite character from a video game!



Build with bricks!

Can you use your bricks to build a house?

Have a competition to build the tallest tower!

Build a bridge or a car.

Can you re-create your favourite animal in lego?

<b>LEGO CHALLENGE CALENDAR</b> 						
31 Days of Fun Ideas for Any Month!					<b>LITTLE BINS</b> BY LITTLE HANDS	
<b>DAY 1</b> Build Your Name or Initials	<b>DAY 2</b> Build a Person With Moving Legs and Arms	<b>DAY 3</b> Build a Catapult	<b>DAY 4</b> Build a Robot	<b>DAY 5</b> Build a House That Opens	<b>DAY 6</b> Build a Boat That Floats	<b>DAY 7</b> Build a 100 Brick Tower
<b>DAY 8</b> Build a Box With a Lid	<b>DAY 9</b> Build a Small World Scene	<b>DAY 10</b> Write a Comic Strip for a Minifigure	<b>DAY 11</b> Build a Model of Your Room	<b>DAY 12</b> Build a Simple Machine	<b>DAY 13</b> Build a Bridge That Can Hold Something Heavy	
<b>DAY 14</b> Build a Favorite Character	<b>DAY 15</b> Make a Mosaic Using Flat Pieces On Baseplate	<b>DAY 16</b> Draw a Design Make it with LEGO Bricks	<b>DAY 17</b> Build Something To Go With A Favorite Book	<b>DAY 18</b> Build a swimming pool for a minifigure	<b>DAY 19</b> Build With Eyes Closed 5 Minutes	
<b>DAY 20</b> Build a Pyramid	<b>DAY 21</b> Build a Marble Run	<b>DAY 22</b> Draw a Play Mat and Add LEGO	<b>DAY 23</b> Learn Paper Football and Build a Goal	<b>DAY 24</b> Have a Minifigure Building Race	<b>DAY 25</b> Build a Marble Maze	
<b>DAY 26</b> Try to Sink a Minifigure	<b>DAY 27</b> Build a Zip Line	<b>DAY 28</b> Make Your Own LEGO Skittles Game	<b>DAY 29</b> Build a Parachute for a Minifigure	<b>DAY 30</b> Build a Car Attach a Marker and Draw!	<b>DAY 31</b> Ask For a Bin of Soapy Water Wash LEGO!	

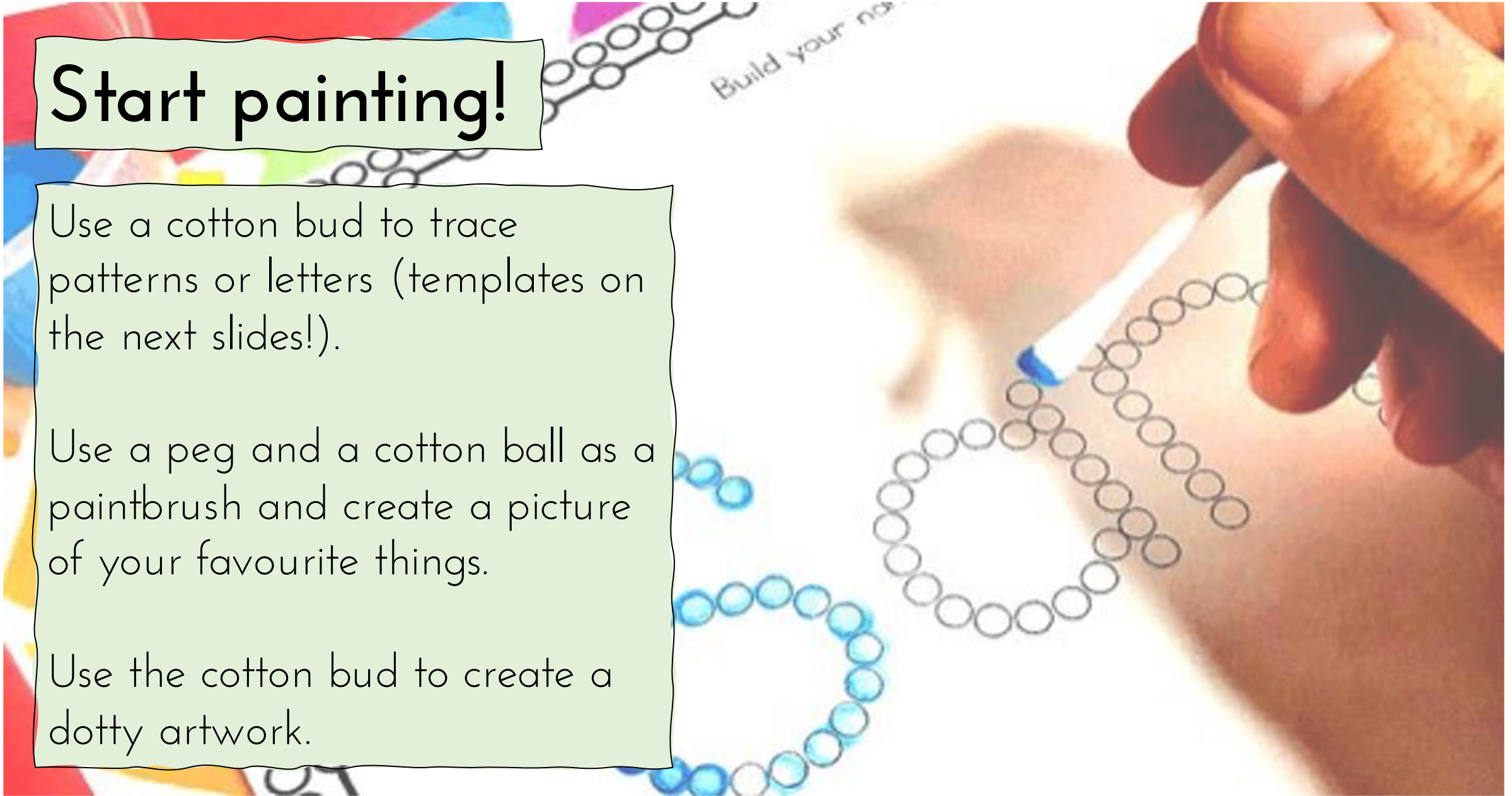
Why not try a lego daily challenge?

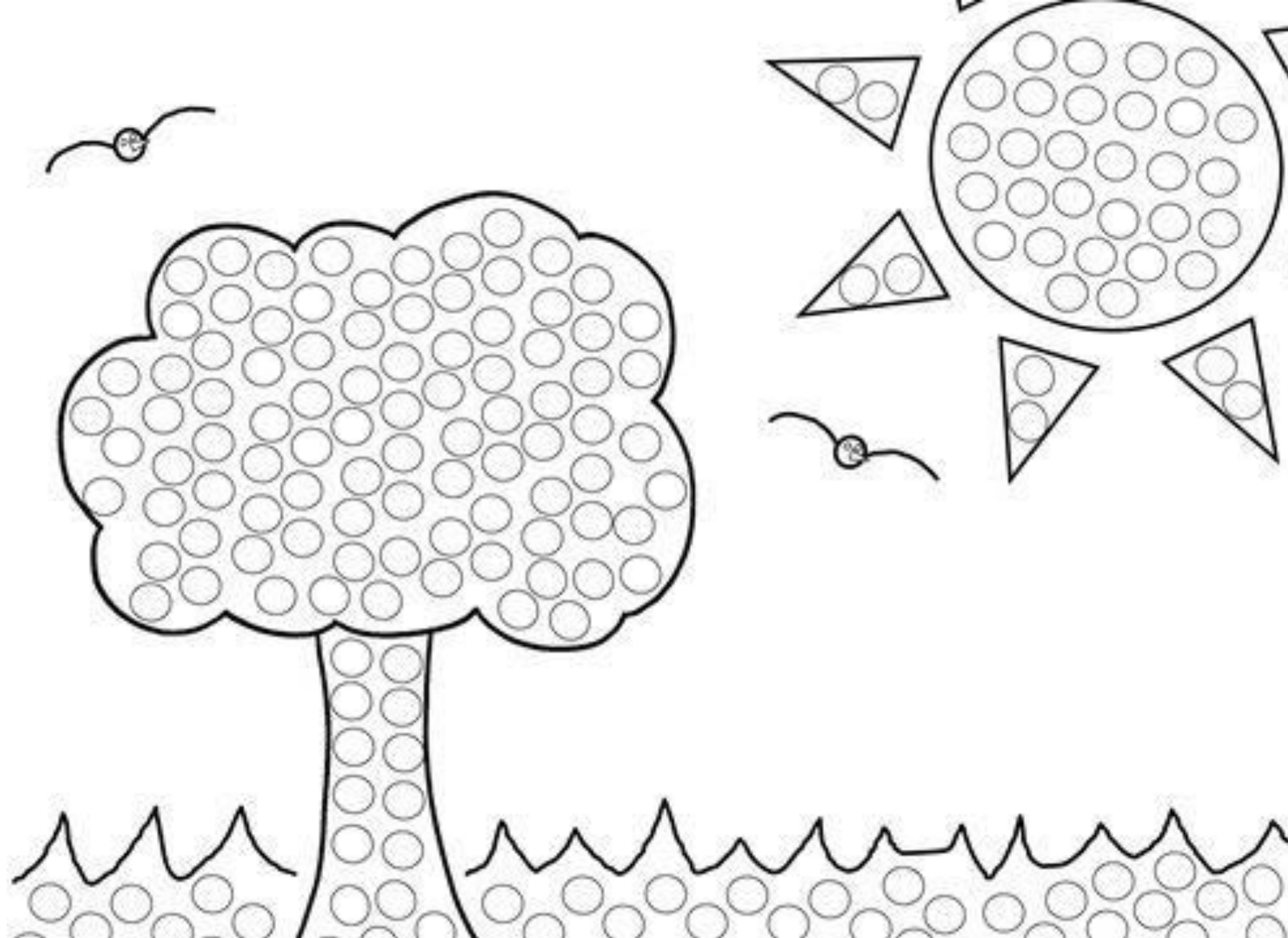
# Start painting!

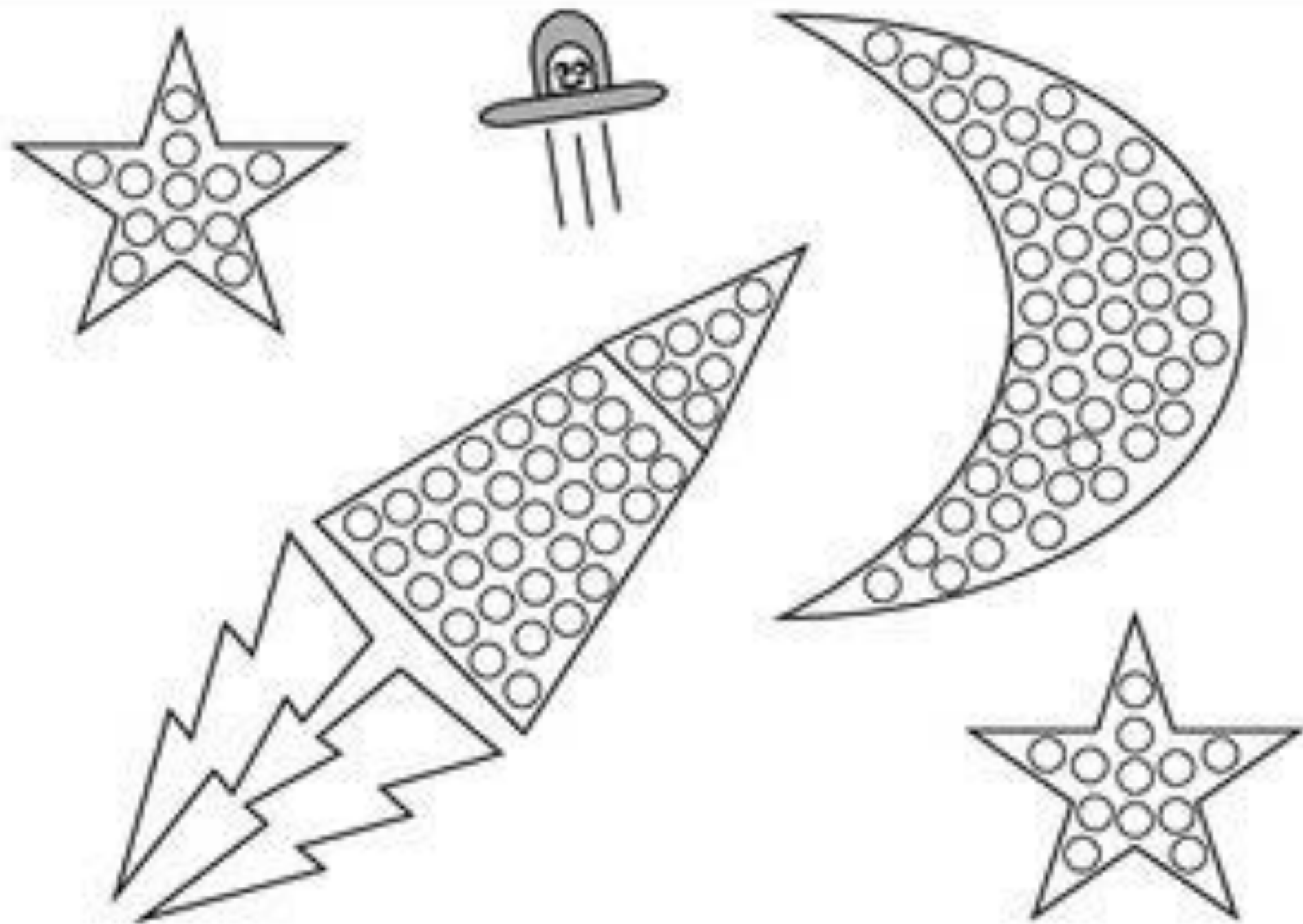
Use a cotton bud to trace patterns or letters (templates on the next slides!).

Use a peg and a cotton ball as a paintbrush and create a picture of your favourite things.

Use the cotton bud to create a dotty artwork.















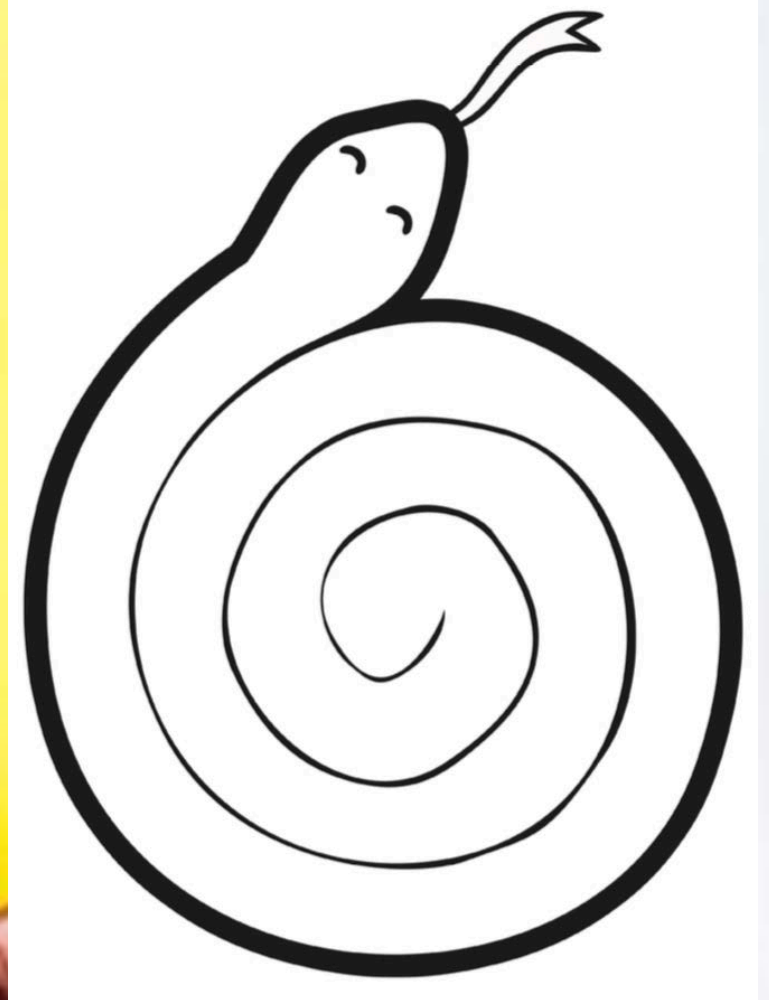
# Practice your cutting skills!

Use the template on the next slide to make a sunshine by cutting up to the inner circle.

Use a cutting skills activity and create your own dinosaur or emoji face!

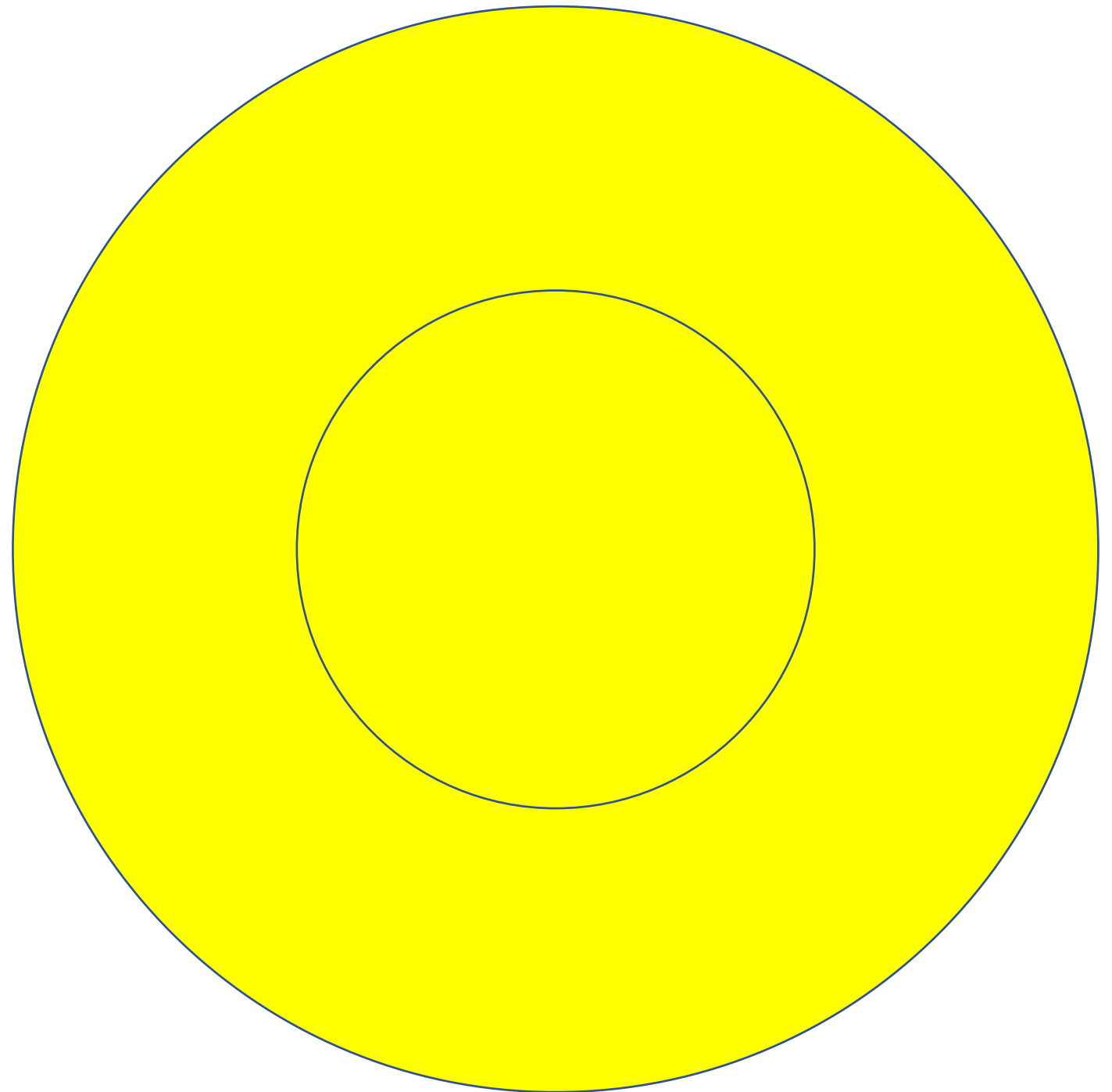
Cut small pieces of coloured paper and then create your own mosaic artwork.

Draw a spiral, add a head and tail then carefully cut out the spiral to make a snake!



Make a sunshine activity.

1. Print out this slide onto paper or card.
2. Carefully cut around the outside circle.
3. Use your scissors to snip into towards the inside circle to create rays.
4. Fold your rays and display your sunshine!

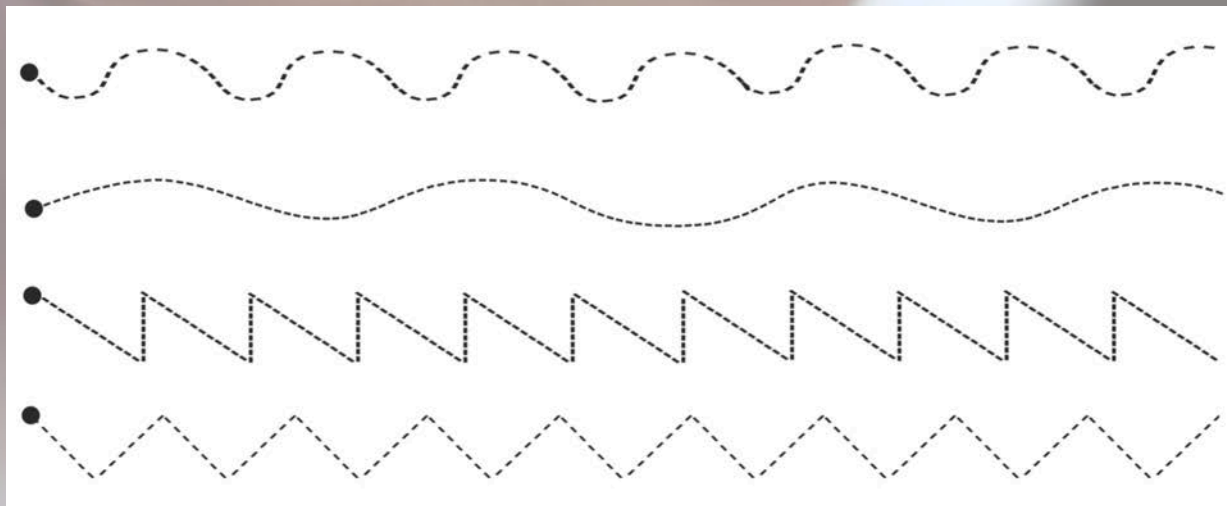


# Trace and control your pencil.

Use your pencil or pen and carefully trace over the patterns and lines.

How accurate can you be?

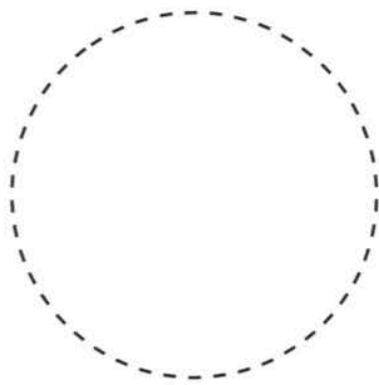
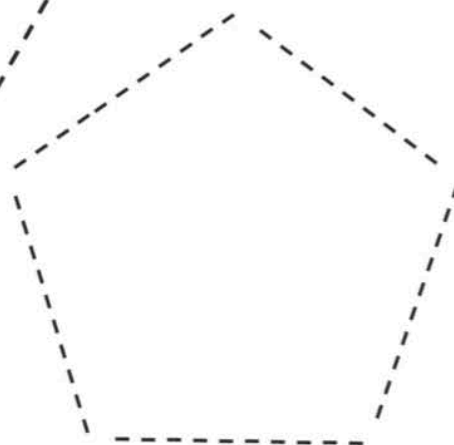
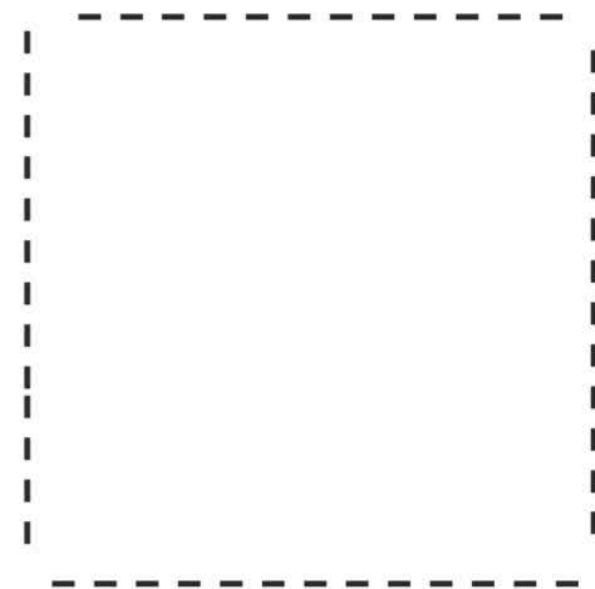
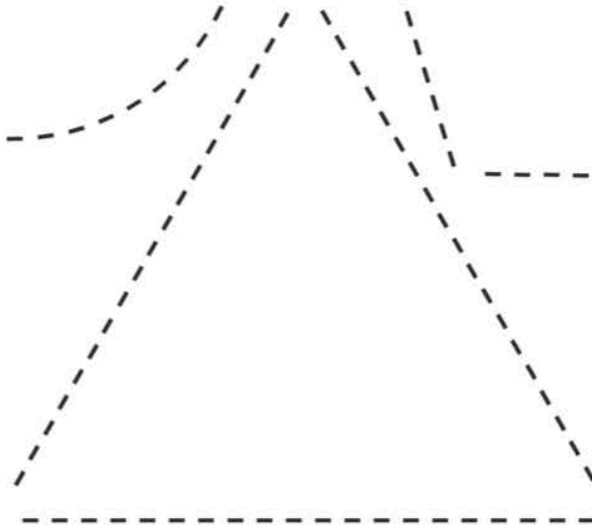
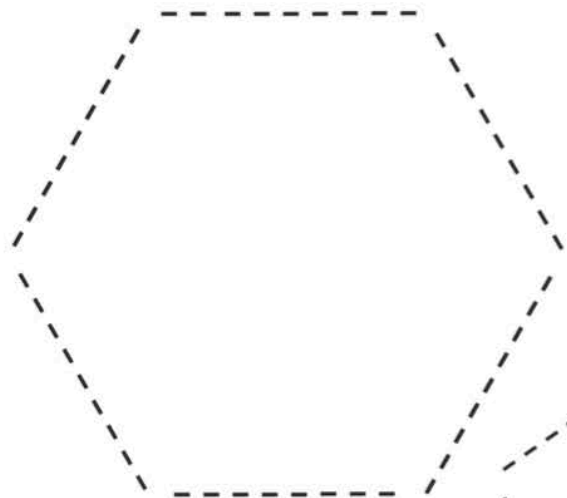
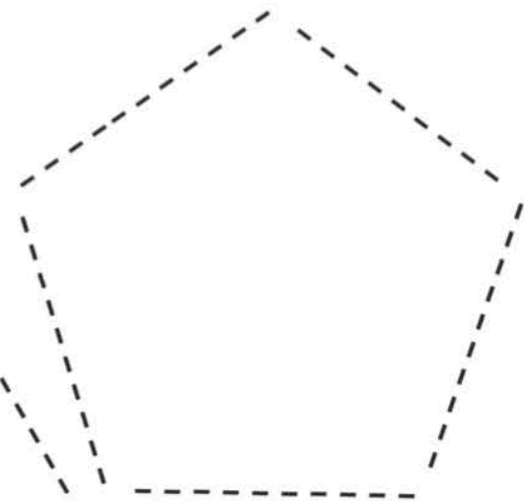
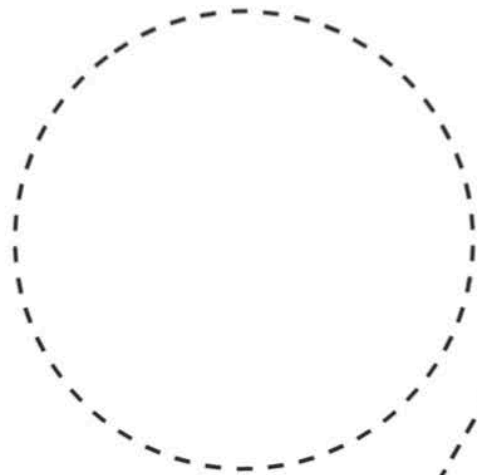
Then try practicing on some letters. First trace carefully, then try writing them on your own!



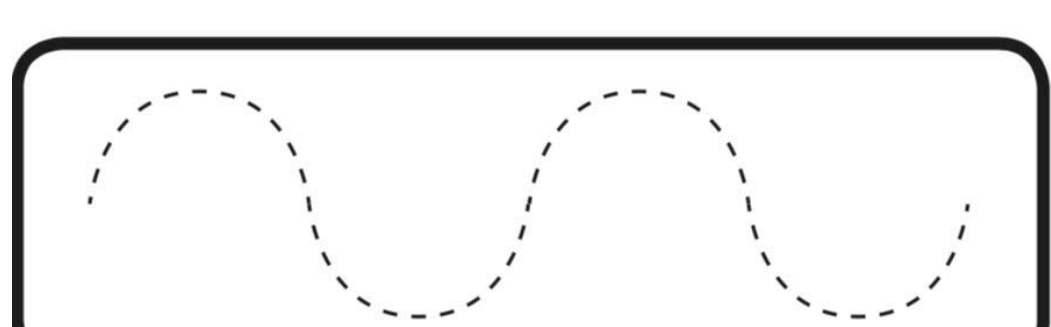
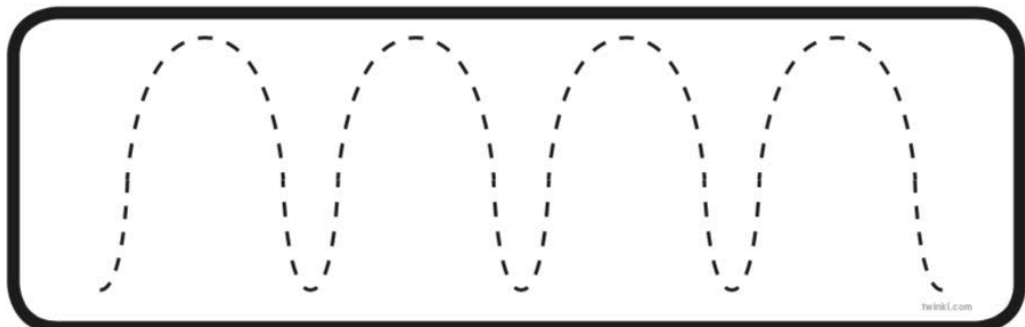
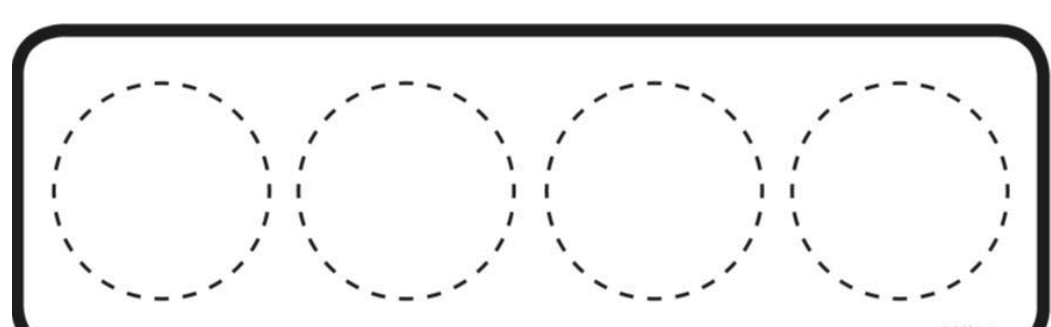
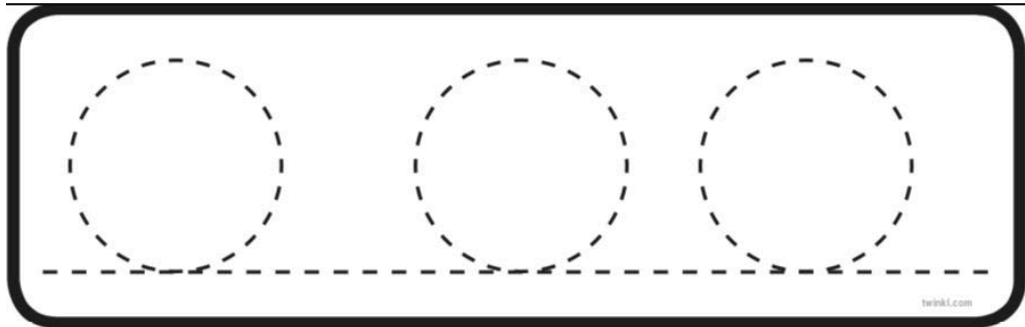
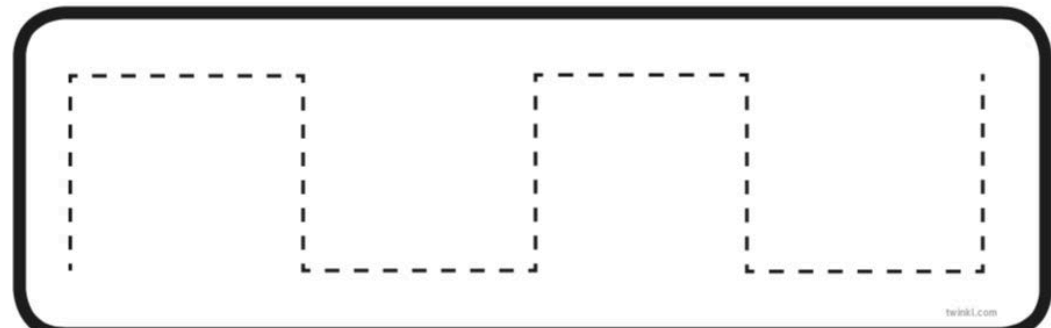
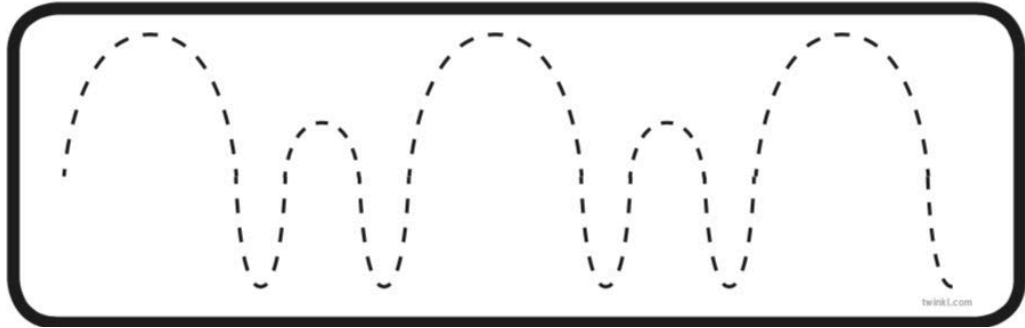
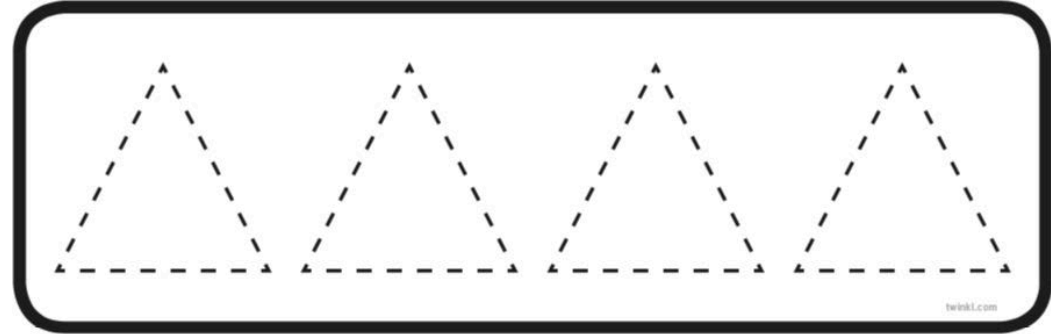
Start from the dots and trace the lines from left to right.



Trace over the dotted lines.







# Thread your food!

Use spaghetti and cereal hoops and practice threading them on carefully.

Who can carefully thread the most in 1 minute?

Enjoy the hoops afterwards as a snack!



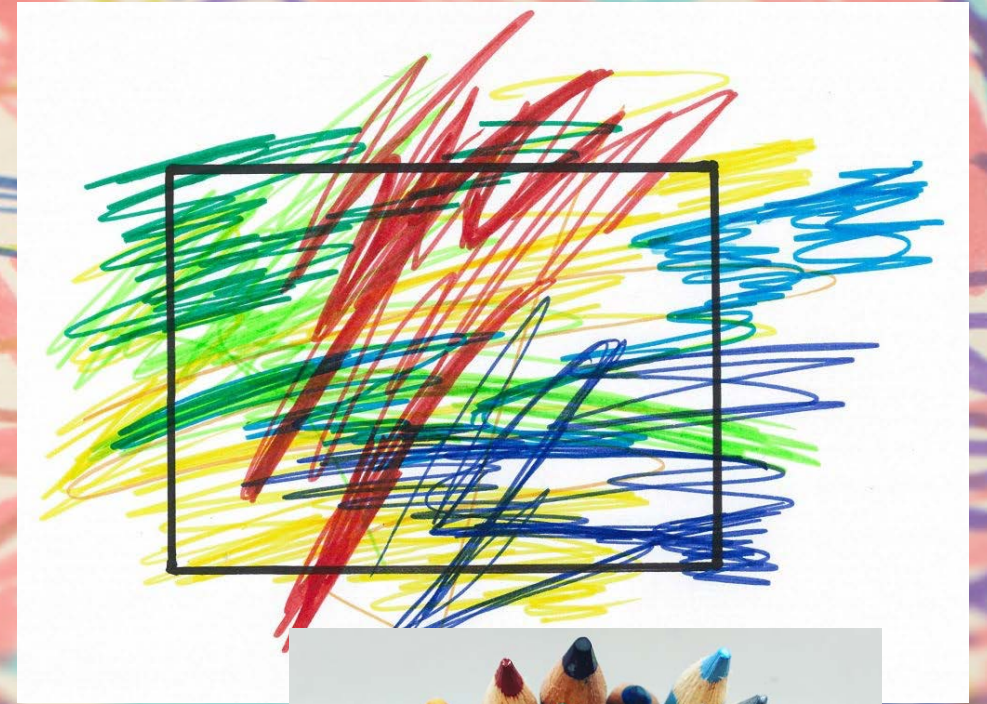
# Colour inside the lines!

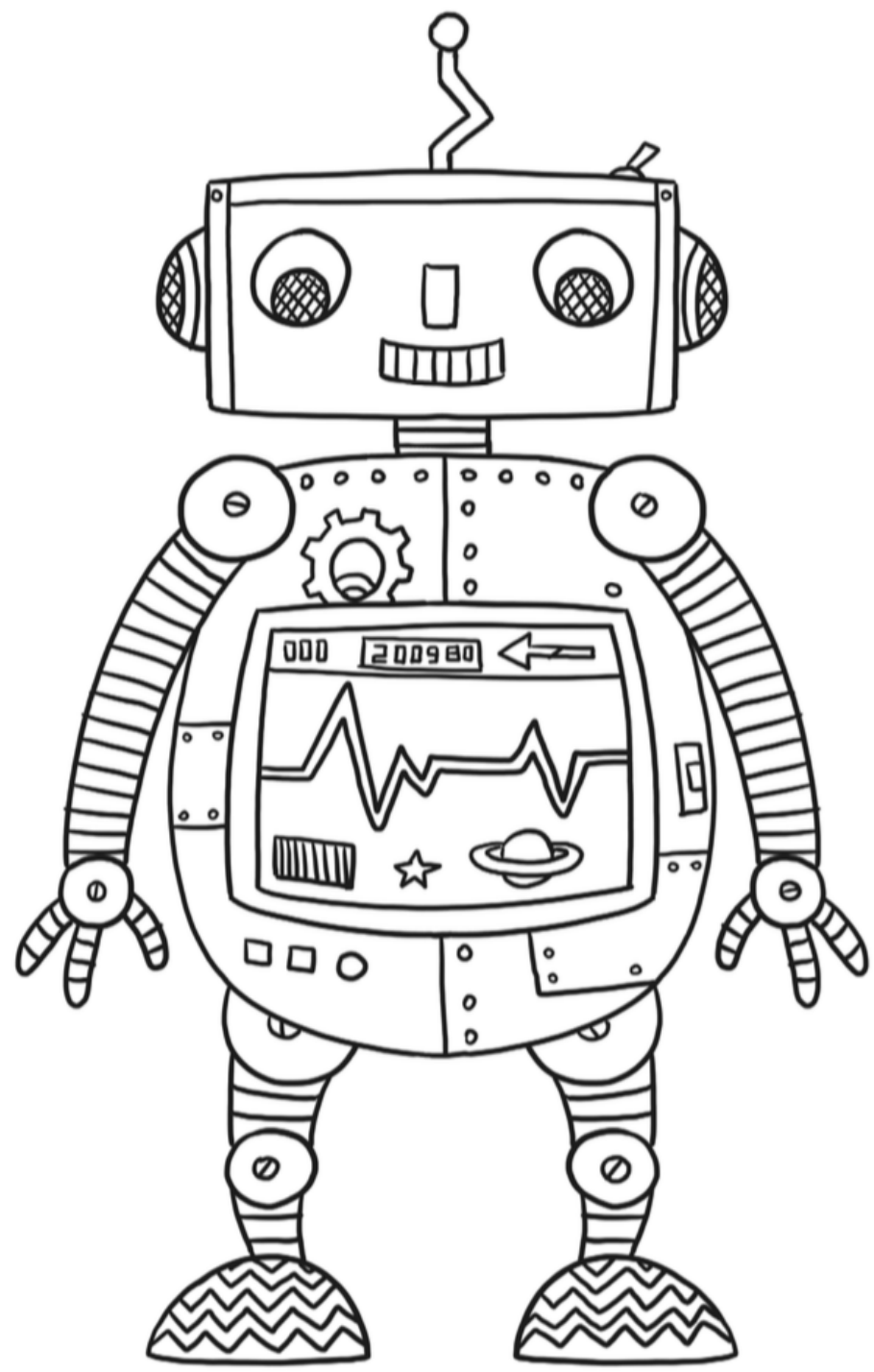
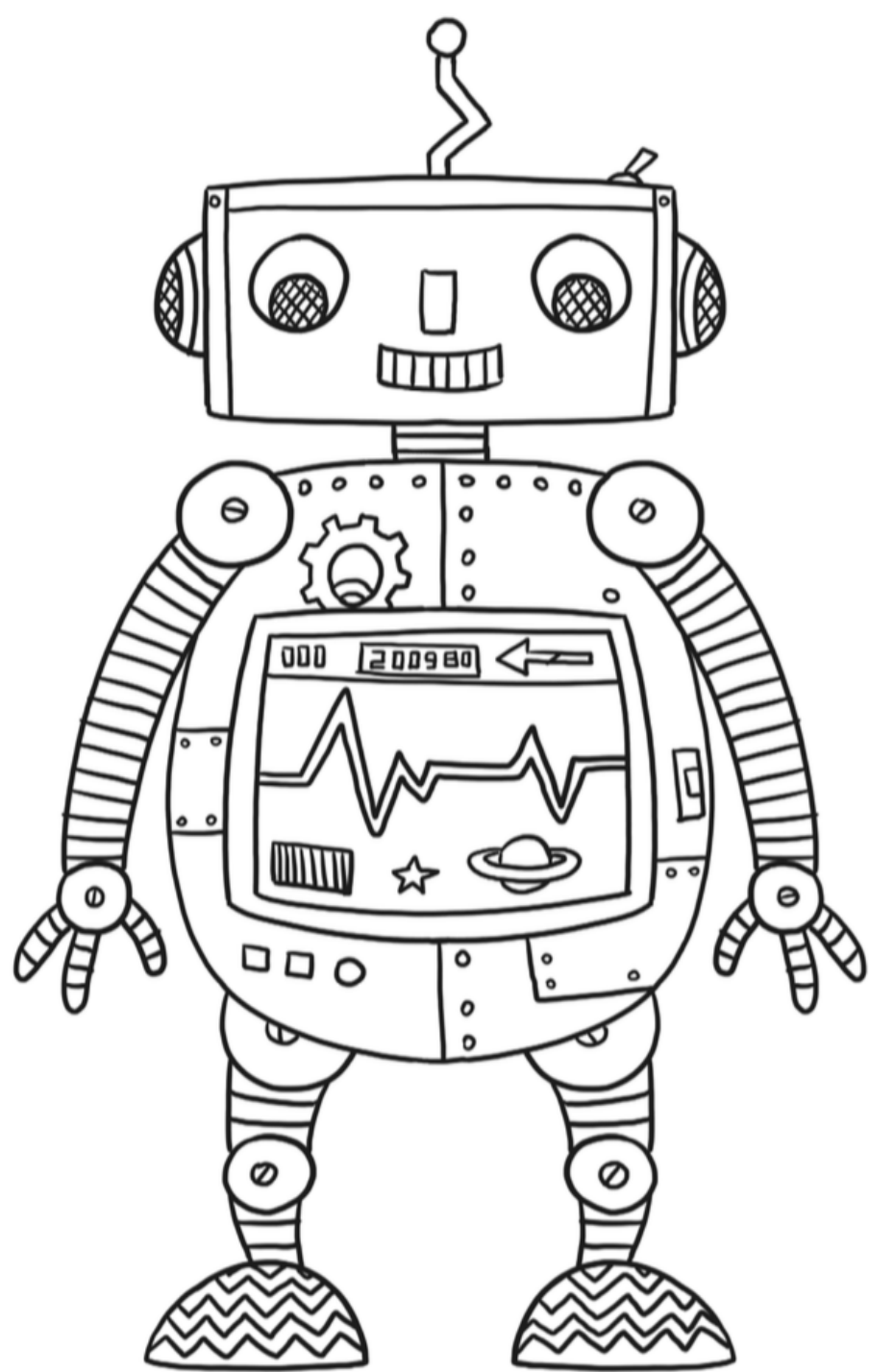
Colouring carefully to make sure you are inside the lines requires patience and strength in your hands.

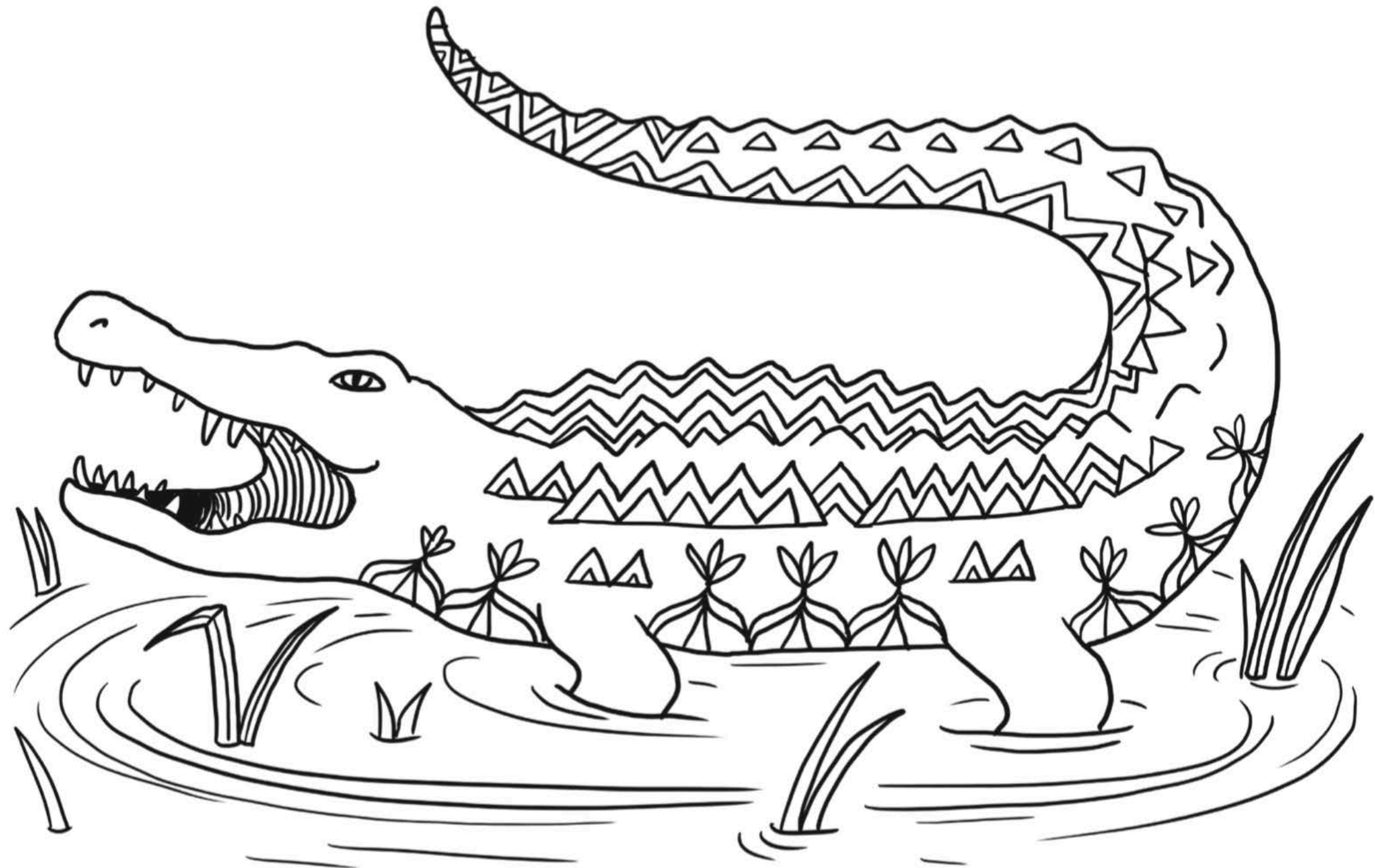
Try spending a few minutes warming up by colouring outside the lines.

Then, choose a colouring design (some ideas on the next slides) and spend some time colouring carefully.

Tip: Sharpen your pencils for accuracy!







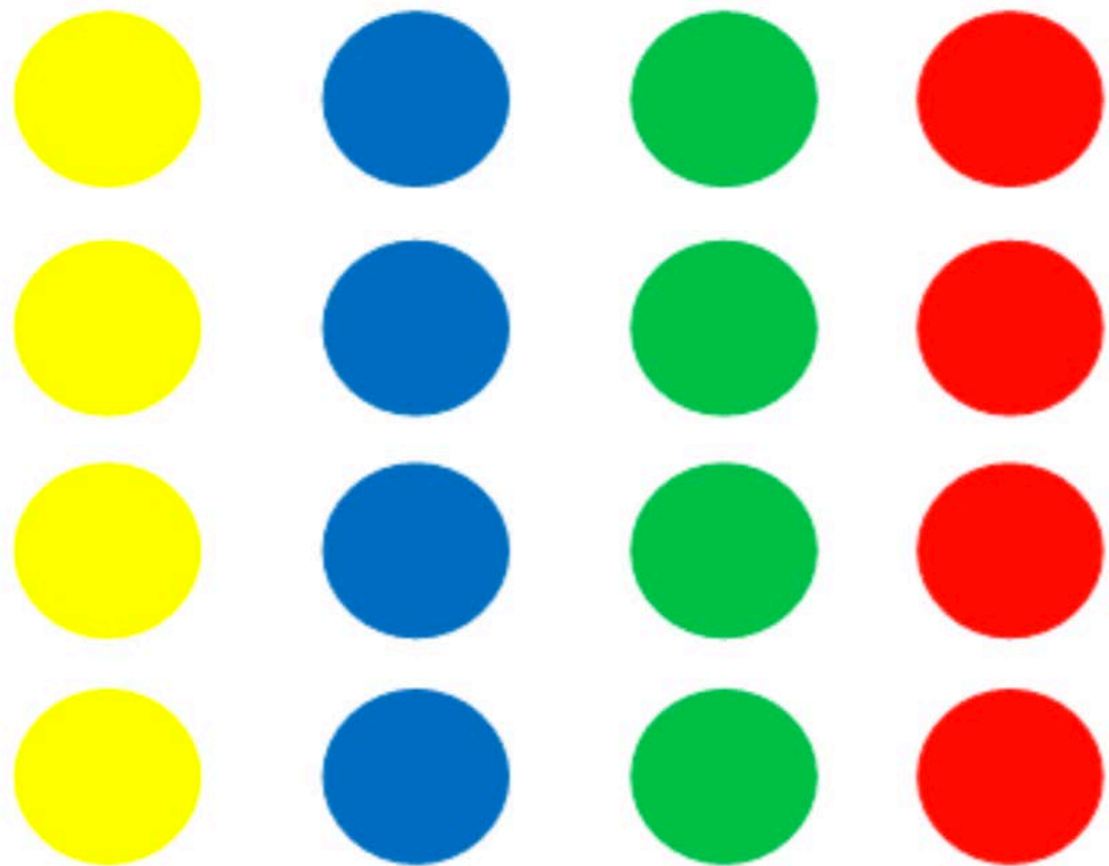


End with a game of Finger Twister!

Print the template on the next slide and challenge yourself to lay your fingers on the correct spot!



FINGER TWISTER



FINGER TWISTER

