



Activities to develop fine motor control

1. Take a line for a walk – see how long the pencil can stay on the paper.
2. Sorting – small objects such as paper clips, screws, buttons, rice, etc. Use fingers and/or tweezers to move objects.
3. Clipping things together – using pegs, paper clips, etc.
4. Dressing up activities – involving the use of clothing fasteners such as buttons, zippers and laces.
5. Bead threading – copy the pattern. Thread pasta onto string.
6. Cutting and pasting – patterns, pictures, project scrapbooks.
7. Tracing – lines, shapes and simple pictures. Use baking paper if you don't have tracing paper
8. Copy writing patterns using coloured sand or chalk.
9. Colouring patterns and pictures – using different media eg. Crayons, paint, felt tips.
10. Tear paper into fine strips and crumple into balls for a collage.
11. Dot-to-dot pictures – using numbers and the alphabet.
12. Modelling – with clay, Plasticine etc. Roll into peas, snakes etc.
13. Painting and printing – using different sized brushes and different types of materials.
14. Finger painting.
15. Jigsaw puzzles
16. Peg boards – these can be used to make simple or more complex patterns.
17. Building blocks – start with larger wooden ones if possible and then introduce smaller ones.
18. Constructional apparatus –of varying degrees of difficulty (e.g. Duplo, Lego).
19. Jacks or marbles – children learn to control fine motor movements with these games.
20. Computer-aided picture and design activities
21. Sewing activities
22. Finger puppets
23. Construction activities – involving the use of plastic nuts, bolts and screws.
24. Musical instruments – playing as wide a range as available.
25. Jenga or pick-up-sticks – games that require control of the object.