Activities to develop fine motor skills

One of the most important ways we can help our children while playing with them at home is through setting up simple activities that help to develop fine motor skills. Young children need to be able to hold and use scissors and pencils appropriately before using them in a classroom context. We cannot expect them to be able to write if they haven’t yet developed the strength needed in their hands and fingers.

There are plenty of easy ways to strengthen these muscles, practise co-ordination and develop hand:eye co-ordination using simple, everyday materials and a bit of creative fun!

Here are some ideas you can use at home. There are a million variations you could make from each of these to cater for your own child’s particular interests and learning dispositions.

[](https://theimaginationtree.com/wp-content/uploads/2013/09/natural-materials-in-herbal-play-dough.jpg)

P[lay dough with natural materials](https://theimaginationtree.com/2011/07/natural-herbal-playdough.html) to explore

[Poking straws into holes](https://theimaginationtree.com/2010/11/discovery-box-3-straws.html)

**[](https://www.buzzfeed.com/jamieharrington/10-fine-motor-activities-for-toddlers-k9uc?utm_term=.whxr2Ea0e&sub=3269117_2995214)** [](https://theimaginationtree.com/wp-content/uploads/2013/09/Rainbow-threading-necklaces.jpg)

[Pasta necklaces](https://theimaginationtree.com/2011/10/rainbow-pasta-threading-necklaces.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/Pipe-cleaners-discovery-box.jpg)

[Pipe cleaners and colanders](https://theimaginationtree.com/2011/02/discovery-box-6-pipe-cleaners.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/Weaving-on-cardboard-shapes.jpg)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/Baby-play-activity-with-hair-rollers.jpg)

[Hair rollers sticky construction](https://theimaginationtree.com/2013/07/baby-toddler-sensory-motor-play-with-hair-rollers.html)

[[](https://theimaginationtree.com/wp-content/uploads/2013/09/homemade-edible-finger-paint1.jpg) Fingerpainting](https://theimaginationtree.com/2011/03/homemade-edible-finger-paint-recipe.html)

[Mark making in](https://theimaginationtree.com/2012/06/lavender-and-glitter-sensory-salt.html) salt/sand

[](https://theimaginationtree.com/wp-content/uploads/2013/09/Lavender-sensory-salt.jpg)

[Building 3D models](https://theimaginationtree.com/2013/04/preschool-math-activity-shape-blocks-picture-matching-cards.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/lego+duplo+pattern+making.jpg) [](https://theimaginationtree.com/wp-content/uploads/2013/09/matching-shapes-to-pictures-680x453.jpg)

[Patterning with Lego](https://theimaginationtree.com/2013/02/making-patterns-with-lego-and-egg.html)

[Salt dough alphabet modelling](https://theimaginationtree.com/2011/10/salt-dough-initials.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/salt-dough-initials.jpg)

[Stacking cups](https://theimaginationtree.com/2012/02/discovery-box-13-coloured-stacking-cups.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/coloured+cups+discovery+box.jpg)

[Play dough cupcakes](https://theimaginationtree.com/2010/09/play-dough-cupcakes.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/playdough-cupcakes.jpg)

[Painting with water](https://theimaginationtree.com/2012/01/water-painting-on-coloured-chalk.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/painting+and+mark+making+with+water+on+chalk.jpg)

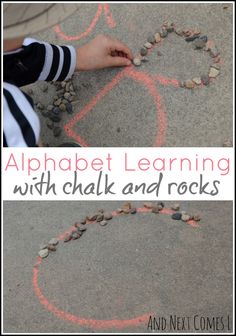
[Finger paint printing](https://theimaginationtree.com/2012/09/van-gogh-style-finger-paint-printing.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/finger-printing.jpg)

Painting with ear buds [](https://theimaginationtree.com/wp-content/uploads/2013/09/painting-a-figure-with-q-tips-666x1000.jpg)

[Tearing and sticking collage](https://theimaginationtree.com/2011/03/giant-rainbow-collage.html)

[](https://theimaginationtree.com/wp-content/uploads/2013/09/Rainbow-collage-activity.jpg)

**[](https://www.pinterest.co.uk/pin/292452569541097656/)** **[](http://www.andnextcomesl.com/2014/05/alphabet-learning-with-chalk-rocks.html)**

Fun with chalk outside