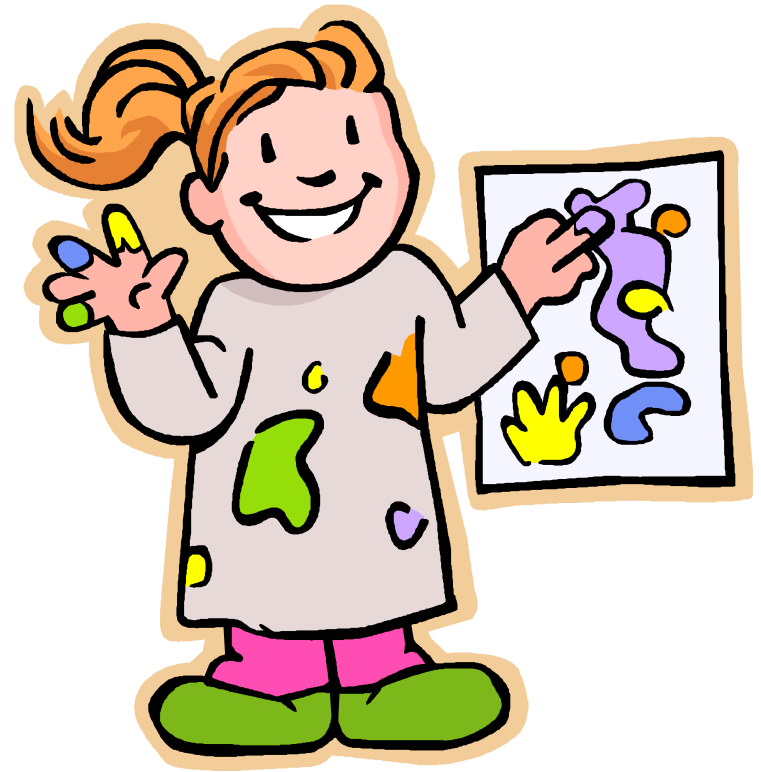


Keep those fingers



moving!

## Fine Motor Activities

1. Squeeze a small sponge or small ball of paper.
2. Sit at the table and try to move fingers as if playing fast music on the piano.
3. Put heels of hands together and fingers curled, finger tips apart. Child tries to touch corresponding tips one at a time as quickly as possible.
4. Use thumb and fore finger of writing hand to open and close spring clip pegs.
5. Writing patterns with different implements - chalk, finger tips in paint, in foam. Large paintbrush in water, etc.
6. Finger flicking - roll small piece of tissue into a ball using tripod pinch. Then flick into a 'goal'.
7. Picking up and placing small items with fingers e.g. pegs in a peg board.
8. Picking up small items with tweezers/tongs. Have a box with rice in and add to it small items to take out with tweezers. (treasure box')
9. Attach pegs to a plate.  
Could put numbers/letters/pictures on to plate. Child attaches peg in response to letter name, number, etc. Could turn plate into a clock .
10. Cutting practice. - Start with thick lines, gradually use thinner ones. Make fringes. Cut simple shapes.
11. Mazes - keep the line between the path.
12. Tracing - not too complicated at first.
13. Playdough - roll into little balls. Roll into sausage shapes using fingers only. Flatten and child pinches between thumb and fore finger into peaks.
14. Threading beads. Using simple lacing cards.
15. Dot to dot - also helps ordering of numbers or . could use letters of alphabet.
16. Fingertaps - Sit at table with hands on the top. Point to each of child's fingers in turn. Child must try to tap on table with each finger in turn without moving the others.
17. Use empty squeeze bottle - blow a ping pong ball.