

# Fine Motor Skills Activities Pick and Mix

Choose one of these activities daily – they will help strengthen the muscles in your hands, which will help you with your writing.

## Cherrios oh

Put a stick of spaghetti in some playdough then thread Cherrios onto it.



## Sew a picture

Choose a picture and sew around the outside of it.



## Scissor Snip

Cut carefully along drawn lines.



## Pine Cone Wrap

Wrap pine cones in elastic bands.



## Leaf Confetti

Use a hole punch to create leaf confetti.



## Number formation

Trace over the numbers on the laminated sheets sent home. Make sure to start in the correct place.

## Squiggle when you Wiggle

<https://www.youtube.com/watch?v=ptFAL-eSvxU>

You can put your favourite song on and make up your own actions.

## Dotty words

Use a cotton bud to dot along a word.



## Dough Disco

<https://www.youtube.com/watch?v=i-IfzeG1aC4>  
(You will need some playdough for this activity)

## Letter formation –

Trace over the letters on the laminated sheets sent home. Make sure to start in the correct place.

## The Peg of Power

Use some pegs to hang some washing up to dry.

Put a peg between your thumb and first finger and press down whilst counting to 20.



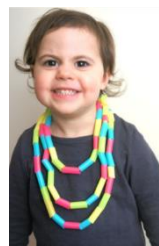
## Hammer Time

Use a toy or small hammer to hit nails into wood/ playdough (be careful not to hit your fingers!)



## Necklaces and bracelets

Thread pasta, straws or beads onto some string to make a necklace or bracelet.



## Button Bonanza

How many buttons can you do up and undo in a minute?



## Chop Stick Challenge

Use chopsticks to move objects from one pot to the other. E.g. marshmallows, buttons, pasta, pebbles

