

Fine Motor Activities To Do At Home

Building - Find items around the house to stack and build with. Take it in turns to build a tower until it falls over and then repeat. Use language such as 'on top' 'to the side' as your child builds. If you do not have blocks many other things are stackable like tupperware or small boxes.



Homemade playdough with mark making tools - Make your own playdough. Then add plastic knives, rolling pins, forks or other mark making tools to manipulate the dough.



Posting - Use an old box to make a simple postbox. With your child take turns to post through different objects, pieces of paper or small toys. Give them some things that will fit and others that will not to draw their attention the size and problem solve.



Sticker - Stickers are a great way to practice fine motor. Either order a simple sticker book with your child's favourite characters off the internet or buy a pack of stickers, draw a simple pattern or picture for your child to stick the stickers over the top.



Playdough and Pasta - Pressing items into playdough is a great way to strengthen muscles in the hands. Pasta, keys (not ones you still use!), coins (monitor in case of choking), forks, spoons, beads are all great things to provide.

***This activity involves small objects, always monitor.**

