

Fine Motor Activities

- Folding sheet of paper in half then half again
- Pile of mixed up socks, match them into pairs and roll tops over into a ball
- Transferring small objects e.g. marbles from one bowl to another using large spoon
- Counting out paper clips and linking them together into a chain
- Hiding small items in a ball of plasticene, can they find them all then hide them again making sure each object is covered up?
- Elastic bands around cupcake trays
- Hiding coloured beads in bowl of dried beans/pasta/rice, can they pick them out using tweezers?
- Standing dominos up on an edge all the way around a circle shape without any falling or touching?
- Clipping hairclips around the edge of a paper plate
- Hole punching around edge of paper/card
- Place a length of bandage/material flat, hold bandage with thumb and pull the bandage in using fingertips.
- Opening containers e.g. jars, milk bottle lids
- Scrunch up a sheet of paper into a tight ball using one hand, then undo and flatten out using same hand.