



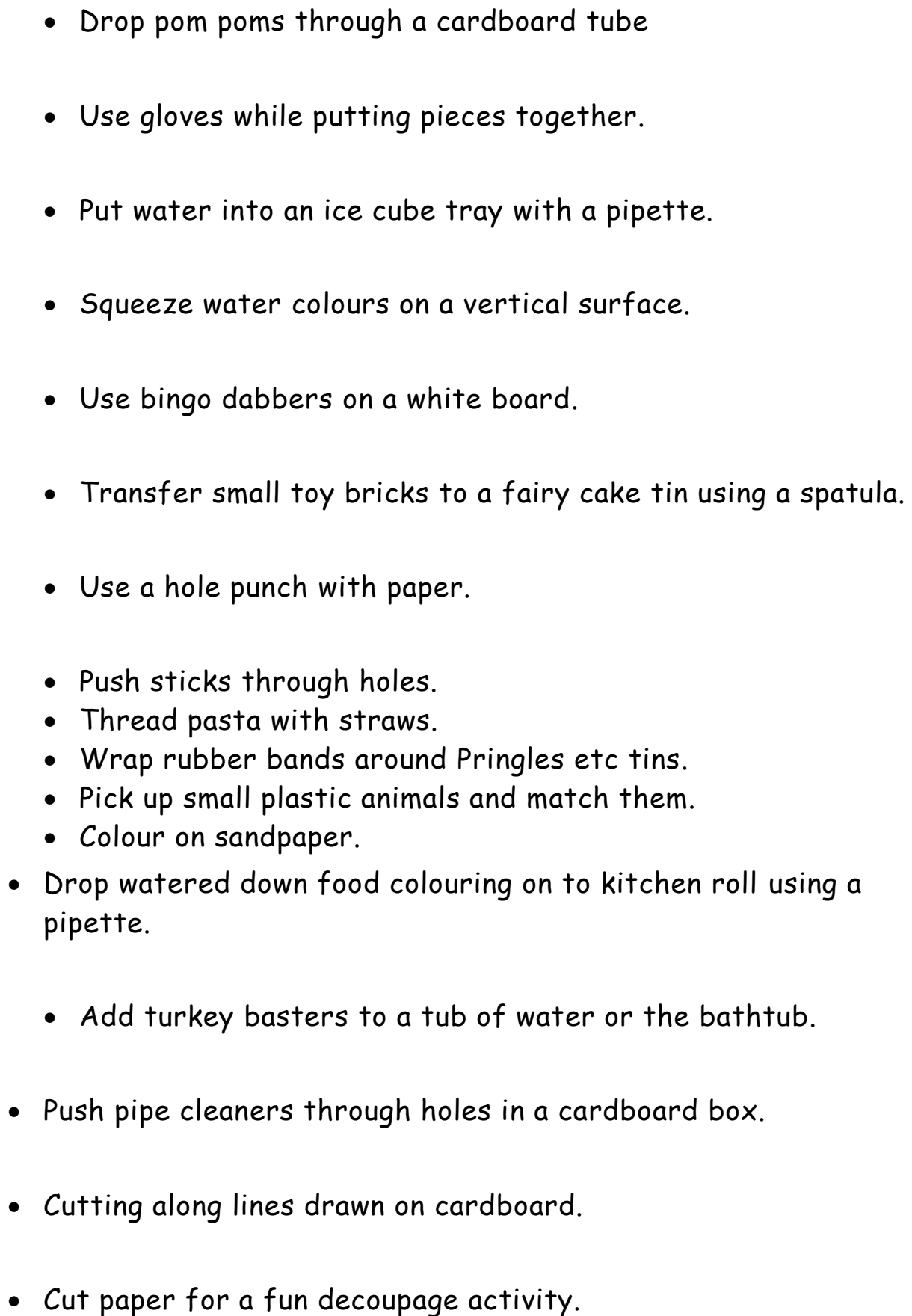
## Fine motor skills to do at home.

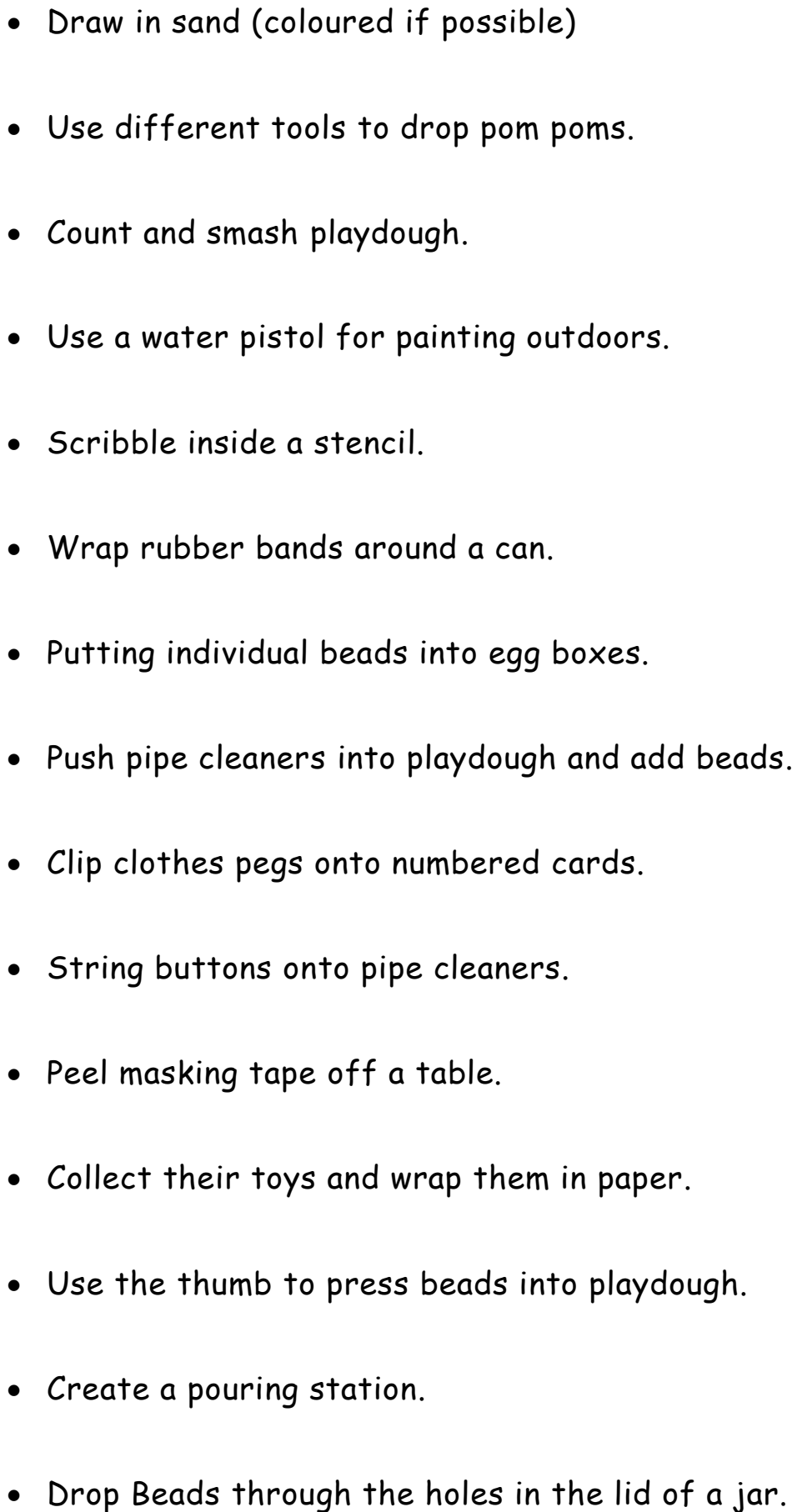
Fine motor development is an important part of early childhood years. To learn how to mark make, the hands must be strong enough to hold brushes, pencils, crayons etc.

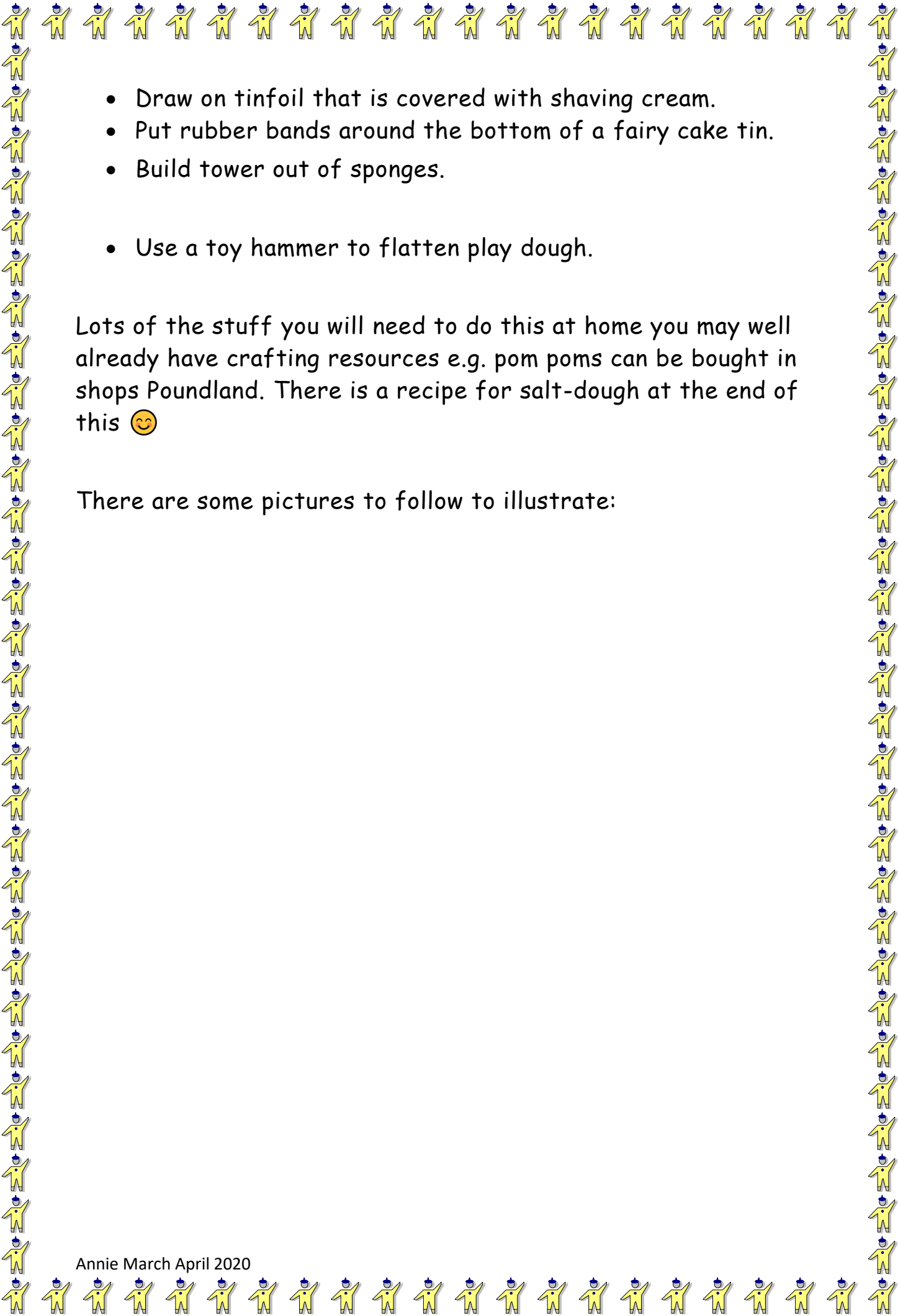
Fine motor is also necessary for independence. Think about zipping a coat, buttoning a cardigan, opening a door, getting a glass of water. These all require fine muscle control.

Here are a few ideas of activities you could do with your children at home.

- Use cut straws to make a necklace.
- Thread beads onto pipe cleaners.
- Pick up plastic caps with tongs.
- Paint with Q-Tips.
- Press small items onto sticky paper.
- Squeeze playdough through the holes of a citrus or garlic press.
- Press circle stickers over straight, curved, wavy lines and maybe onto the letters of your child's name.
- Place buttons on drawn lines and zigzags.

- 
- Drop pom poms through a cardboard tube
  - Use gloves while putting pieces together.
  - Put water into an ice cube tray with a pipette.
  - Squeeze water colours on a vertical surface.
  - Use bingo dabbers on a white board.
  - Transfer small toy bricks to a fairy cake tin using a spatula.
  - Use a hole punch with paper.
  - Push sticks through holes.
  - Thread pasta with straws.
  - Wrap rubber bands around Pringles etc tins.
  - Pick up small plastic animals and match them.
  - Colour on sandpaper.
  - Drop watered down food colouring on to kitchen roll using a pipette.
  - Add turkey basters to a tub of water or the bathtub.
  - Push pipe cleaners through holes in a cardboard box.
  - Cutting along lines drawn on cardboard.
  - Cut paper for a fun decoupage activity.

- 
- Draw in sand (coloured if possible)
  - Use different tools to drop pom poms.
  - Count and smash playdough.
  - Use a water pistol for painting outdoors.
  - Scribble inside a stencil.
  - Wrap rubber bands around a can.
  - Putting individual beads into egg boxes.
  - Push pipe cleaners into playdough and add beads.
  - Clip clothes pegs onto numbered cards.
  - String buttons onto pipe cleaners.
  - Peel masking tape off a table.
  - Collect their toys and wrap them in paper.
  - Use the thumb to press beads into playdough.
  - Create a pouring station.
  - Drop Beads through the holes in the lid of a jar.

- 
- Draw on tinfoil that is covered with shaving cream.
  - Put rubber bands around the bottom of a fairy cake tin.
  - Build tower out of sponges.
  
  - Use a toy hammer to flatten play dough.

Lots of the stuff you will need to do this at home you may well already have crafting resources e.g. pom poms can be bought in shops Poundland. There is a recipe for salt-dough at the end of this 😊

There are some pictures to follow to illustrate:







Annie March April 2020







Annie March April 2020





# Salt Dough Recipe

4 cups flour  
2 cups water  
2 cups salt  
2 Tbsp. cream of tartar

