



Fine Motor Activities

Here are some ideas of activities your child could try at home; to develop the physical skills needed to improve their handwriting.

Get an old paintbrush and bucket of water and paint letters or patterns on the patio.

Chalk writing/drawing- on the patio then let the rain wash it away!

Sticky Writing

- You will need a tray, water and cornflour.
- Mix some cornflour in with some water to make a runny paste (similar to the consistency of thick soup).
- Pour the mixture in to the tray, about 5mm deep.
- Encourage your child to draw letters/numbers/patterns.
- If the consistency is correct, you should be able to see the letter for a short while after you have finished writing it.

Playing with dough

- Squashing, squeezing and moulding.
- Rolling play dough into tiny balls using the palms of the hands facing each other and using only the finger tips.
- Use toothpicks to make designs in play dough.

Tweezer/peg games Provide two bowls with small items, such as pasta, rice, beans. Challenge them to get all the items from one bowl to another using only the tweezers or peg.

Tearing newspaper/tissue paper into strips and then crumpling them into balls to make a picture.

Lacing and sewing activities such as stringing beads.

Using eye droppers to "pick up" water- add food colouring for fun!

Scissor activities – draw different shapes and lines and children cut along them.

Cutting and sticking

Clapping games

Connect the dots activities

Tracing over simple pictures with tracing paper.

Drawing round stencils

Painting

Finger painting

Tying bows or tying shoes

