



Funky Fingers

Fine Motor Skills
Activities

Fine motor skills are small movements — such as picking up small objects and holding a spoon — that use the small muscles of the fingers, toes, wrists, lips, and tongue.

How Do We Help Children Develop Fine Motor Skills?

Practice, practice, practice. In most cases of fine motor skill development, practice does, in fact, make perfect. Some ways to develop these skills are having children do the following activities:

- Pop bubbles on bubble wrap with just the index finger and thumb.
- Finger painting
- Puzzles
- Trace shapes or letters
- Legos or building blocks

These activities focus on smaller muscle groups. Using the same muscles can help children develop **muscle memory**, which is when repetition of one action allows that action to be performed almost automatically without much effort.

'Happy' by Pharrell Williams

Link: <https://www.youtube.com/watch?v=Q-GLuydiMe4>

Painting with cotton buds



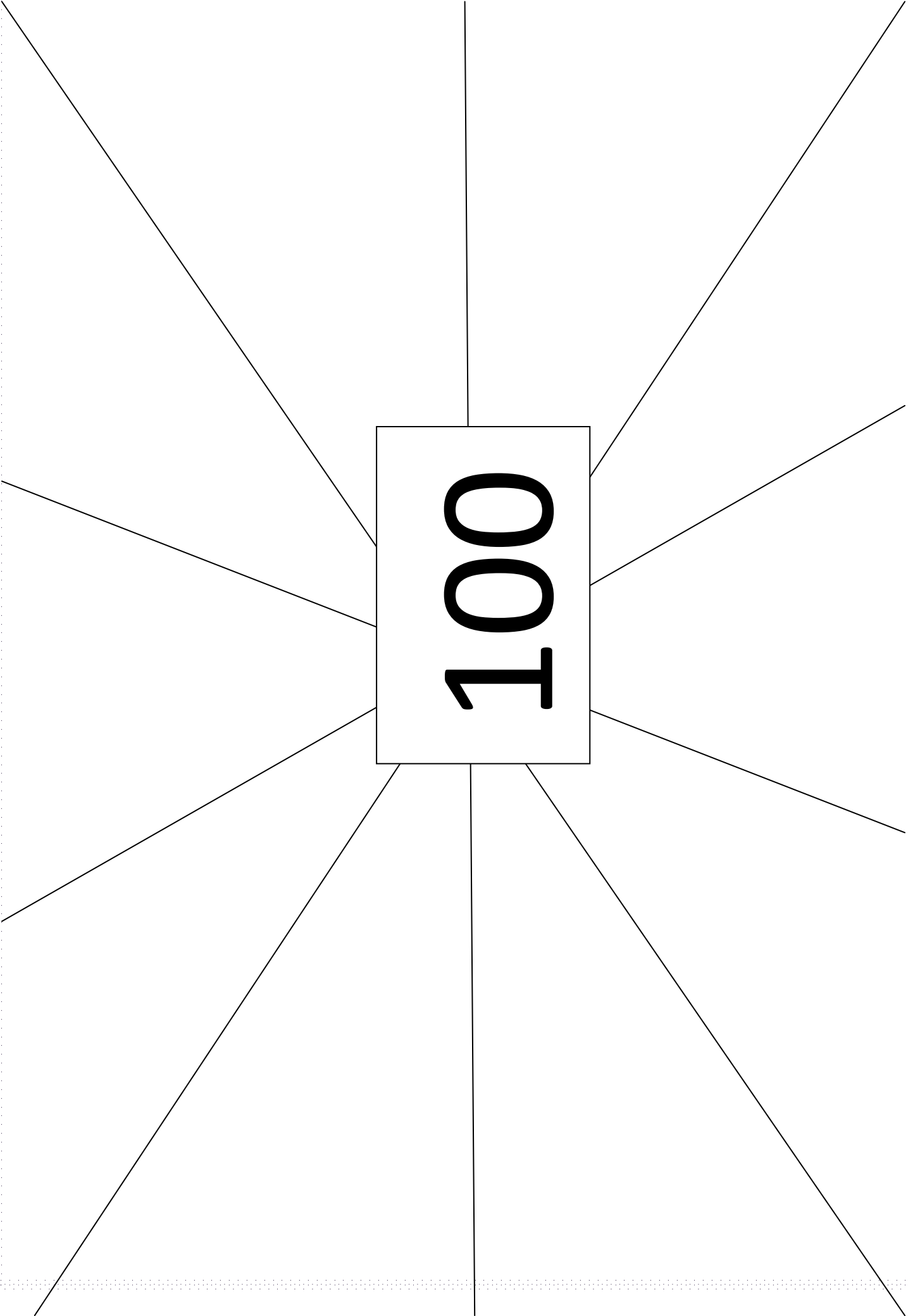
Items needed:

- cotton buds
- 5 different pots of paint
- sheet with 50 in the middle and sections for paint to be added

This activity will improve eye/hand co-ordination and improve counting skills

Give each child a pot of paint and a count bud and tell them to dab 10 dots in each section

100



Cotton bud circles



Items needed

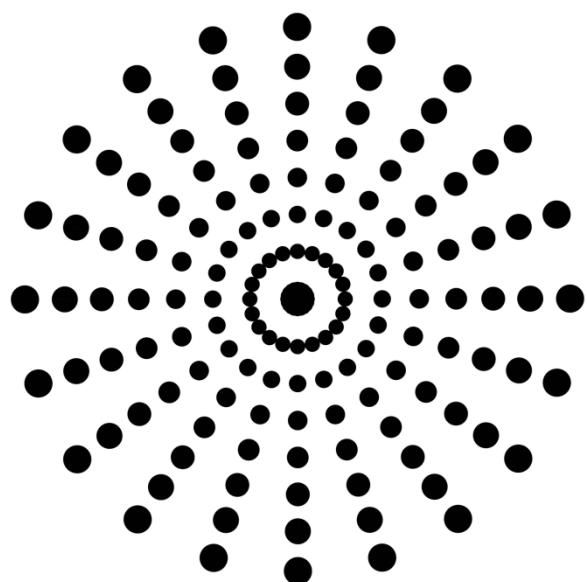
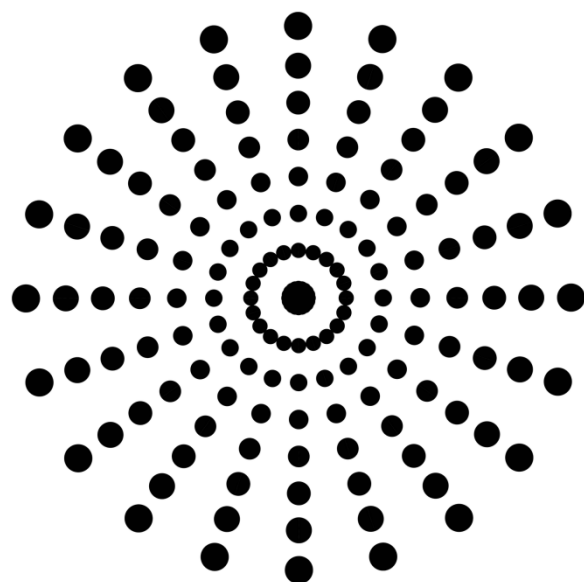
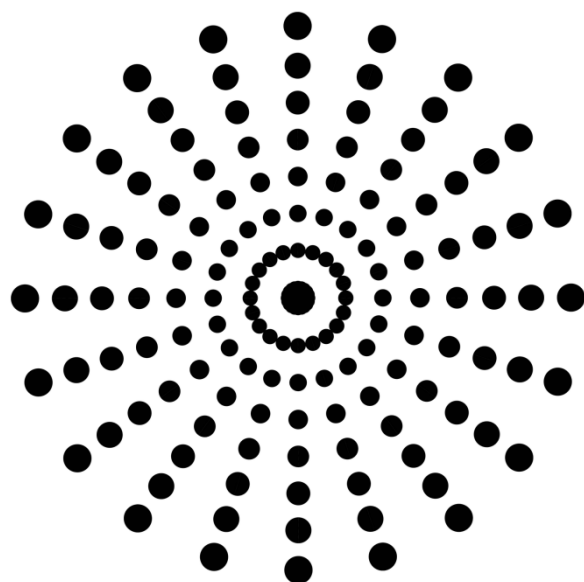
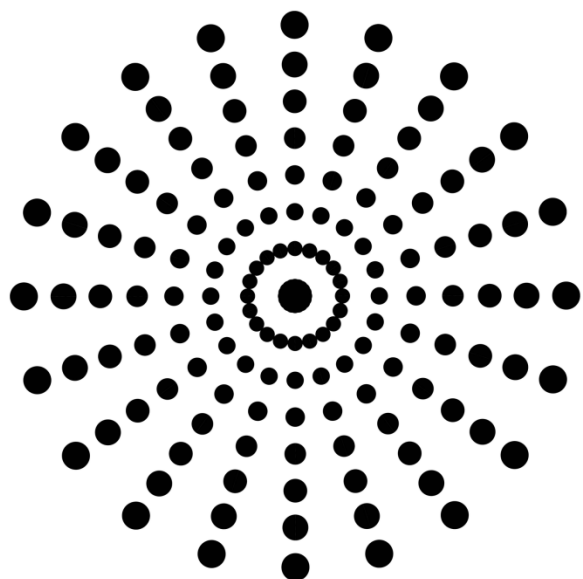
- cotton buds
- paint
- sheets with circles

To improve eye / hand co-ordination

Give each child a template, 2 pots of paint and 2 cotton buds

Can they make a pattern using 2 colours?

It's not a race so tell them to take their time



Cotton bud tree

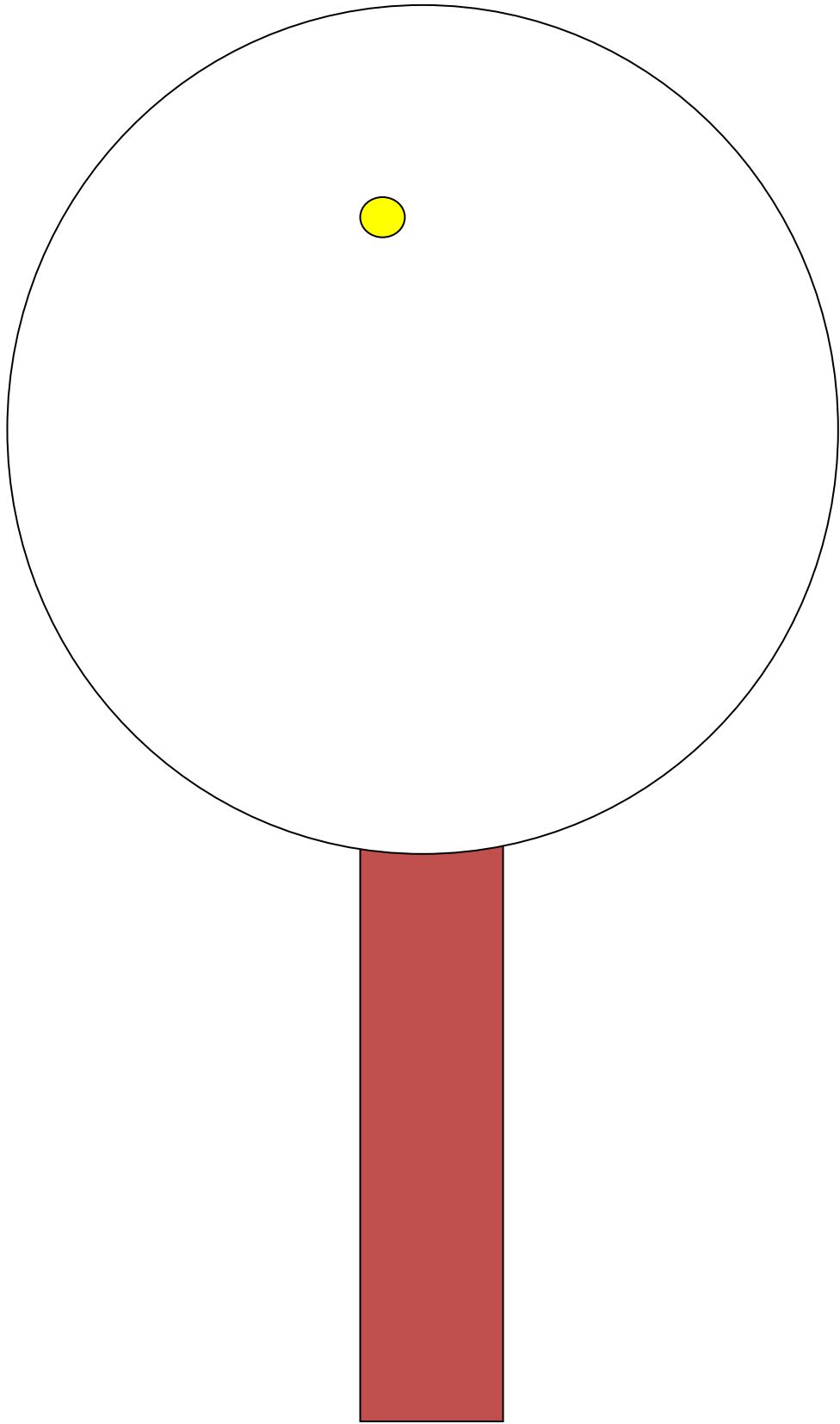


Items needed

- cotton buds
- Paint yellow brown orange

To develop hand eye coordination

Give each child 2 pots of paint and 2 cotton buds and carefully dab the tree to create a tree.



Pipe cleaner numbers



Items needed

- coloured pipe cleaners
- sheet with numbers 1-10

To develop hand eye coordination

Give each child pipe cleaners and tell them to make the numbers so they are on the paper

1 2 3

4 5 6

7 8 9

Sorting Pom Poms



Items needed

- 3 different coloured Pom poms
- 3 fizzy drink bottles with coloured label

To develop fine motor skill

Hand/eye coordination

Work in pairs, taking turns to sort the pom poms in the correct bottles.

Fine motor Sewing



Items needed

- paper plate
- hole punch
- wool

Give each child a plate with holes punch in and ask to sewing using the up and down method

Pasta straws



Items needed

- thick straws
- tube pasta
- play dough

Ask the child to place the pasta tubes on the tubes

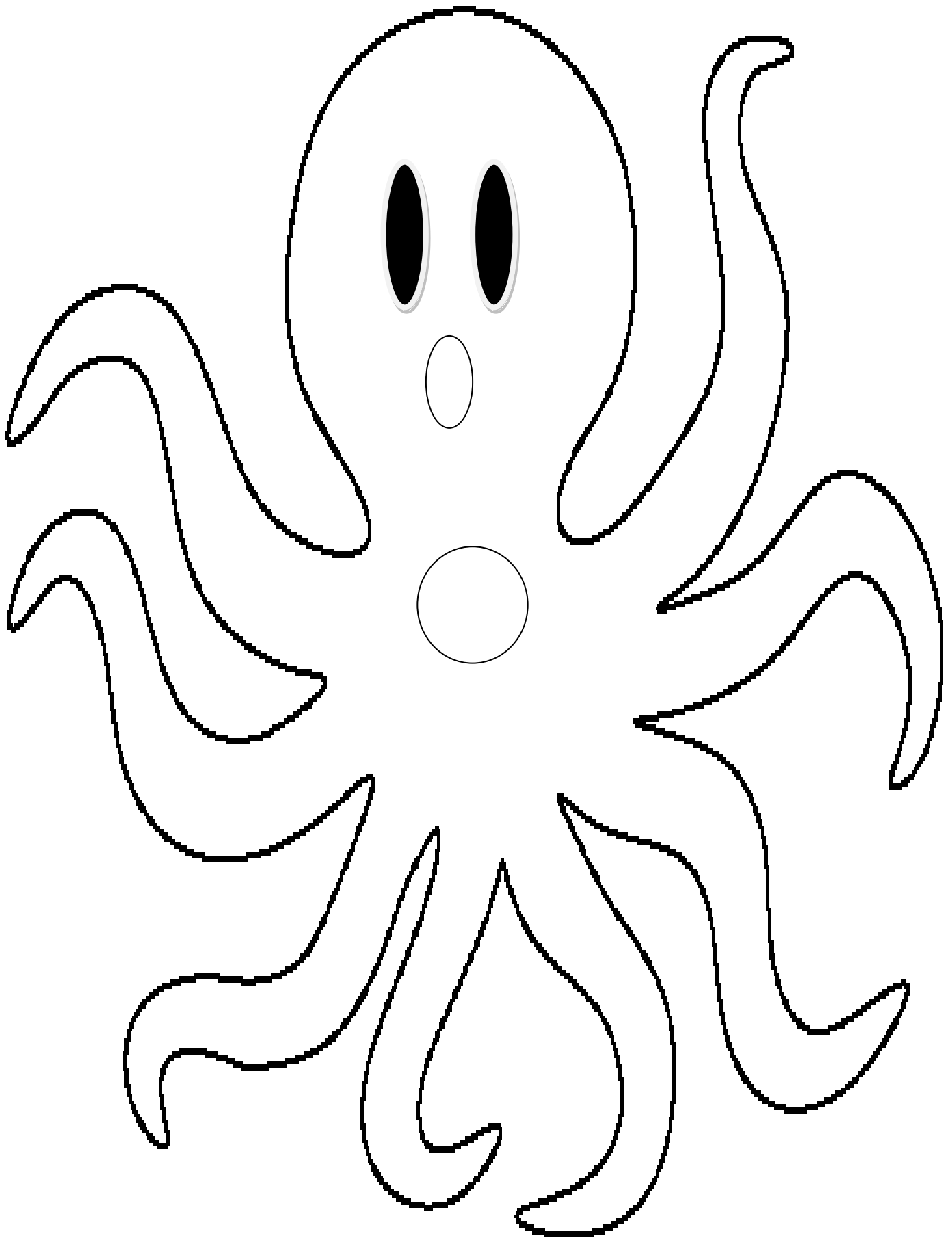
Pasta octopus



Items needed

- Octopus template
- cheerios

Give the child a number and ask them to place the exact number of cheerios on each leg



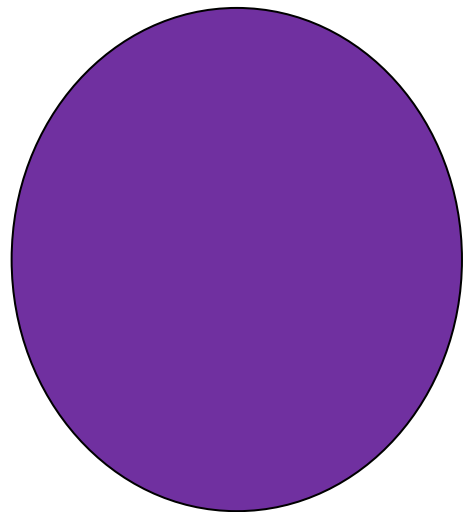
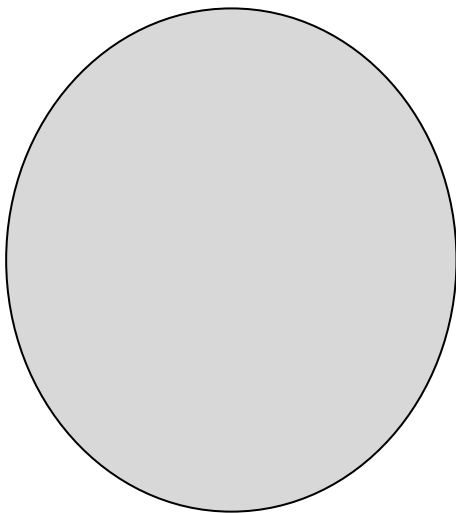
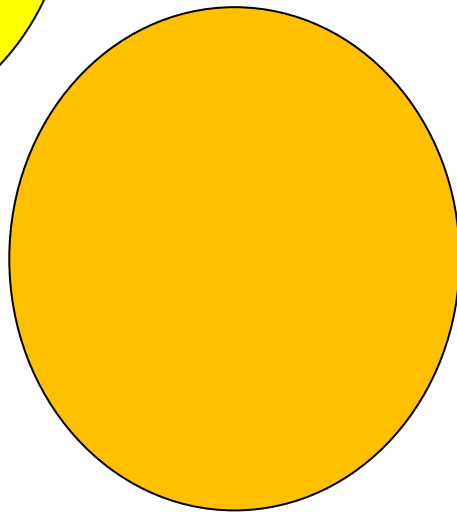
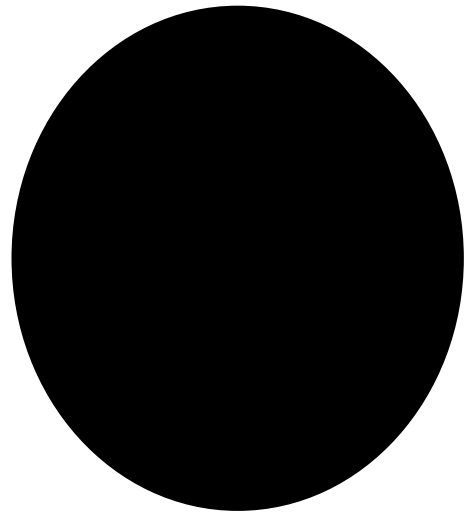
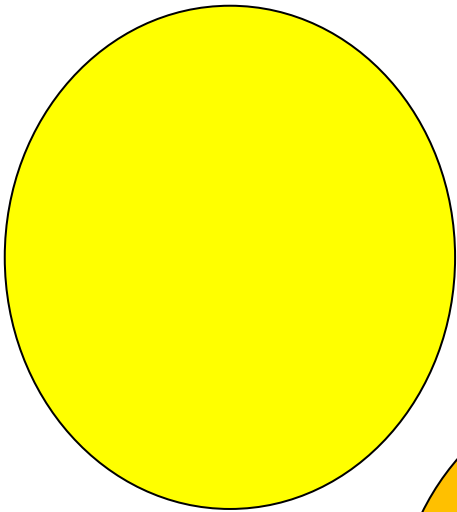
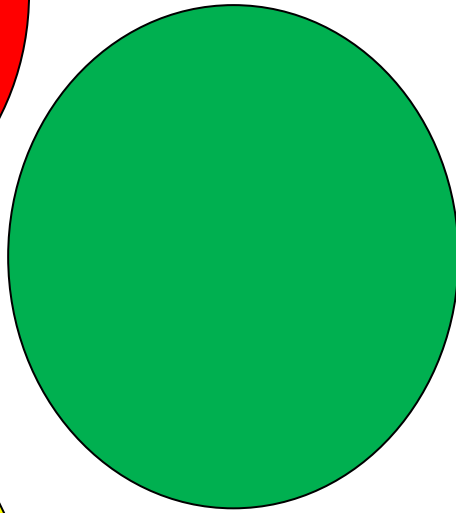
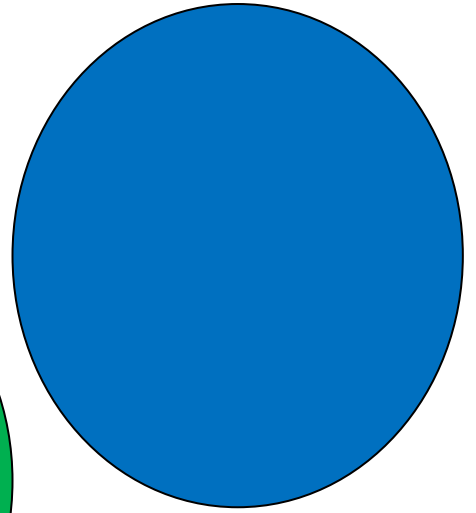
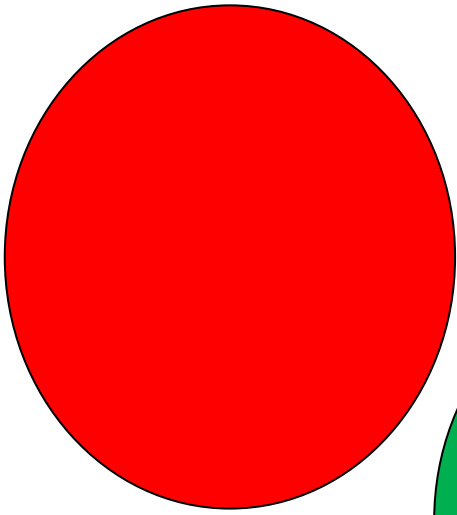
Paper clip sort



Items needed

- sheet with coloured circles
- lots of different coloured paper clips

Give the child a pile of coloured paperclips and ask to sort into colours



Padlocks and keys



Items needed

- 10 padlocks with number on
- 10 key fobs with numbers on

Children to work in pairs and ask them to match the key to the lock

Button sorting



Items needed

- tub of buttons
- cake baking tray

Work in pairs and sort the buttons into a baking tray

Shoe tying



Items needed

- Shoe template
- lace

show the child how to tie a shoe lace and then do it together

Shoe Tying & Lacing Practice

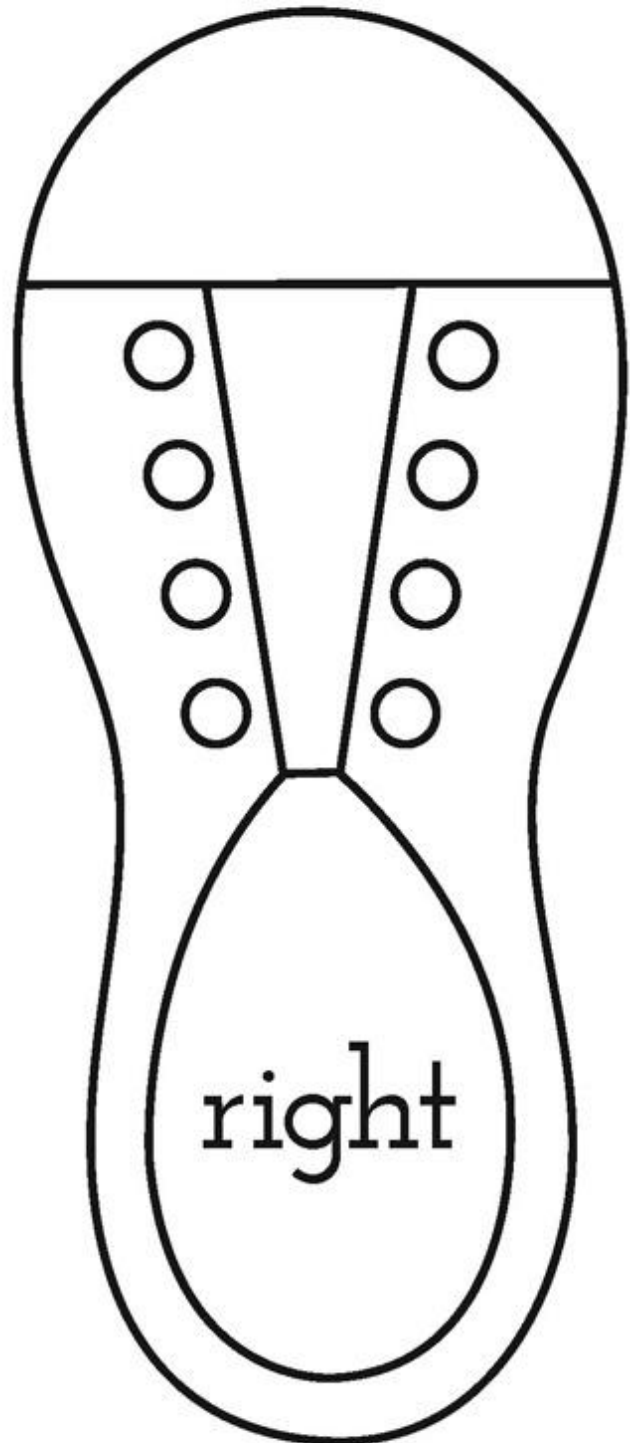
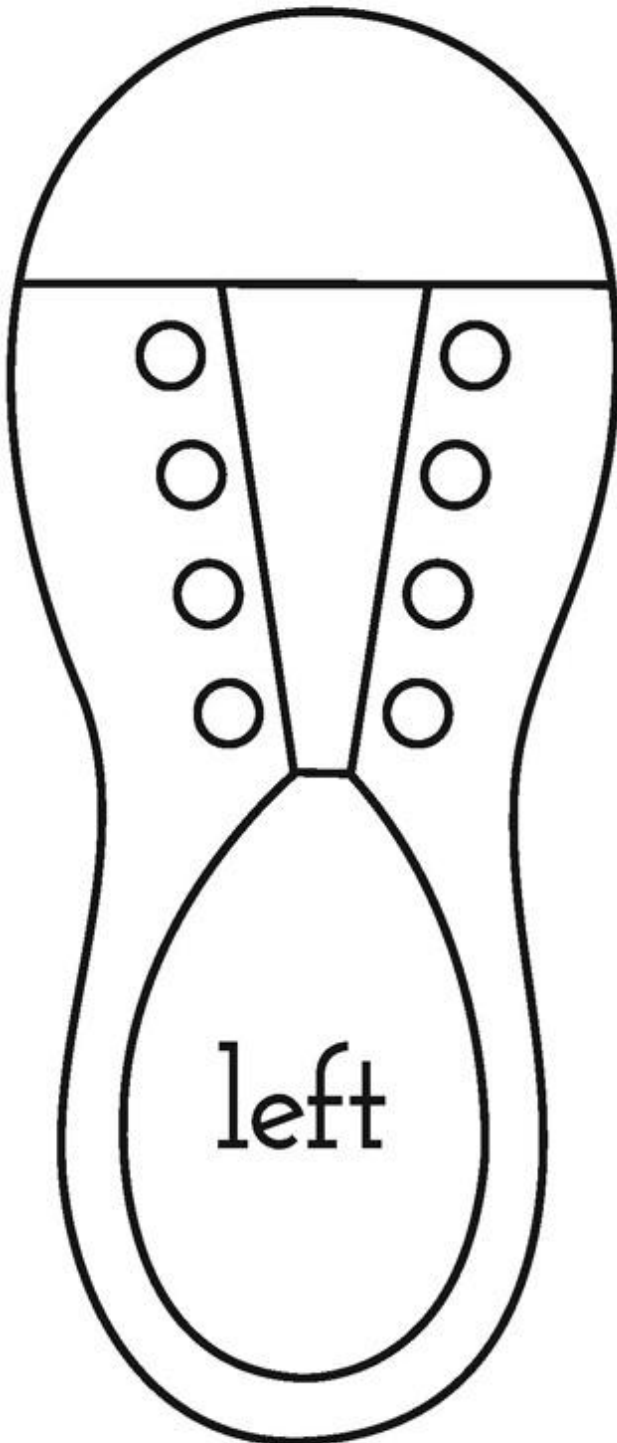
(Get a grown up to help with cutting and glue!)

real purdy

www.realpurdy.com

1.) Print this page out and cut off the directions. 2.) Glue the whole square with the shoes to some thin cardboard (like a used cereal box). 3.) After the glue is dry, you can color the shoes. 4.) Then, cut off the extra paper/cardboard around each shoe and use a single hole punch to punch holes where the shoelaces will go. 5.) Now you can practice tying or lacing your shoes! Tape the shoes to a table to keep them still when you tie.

cut along dotted line



Matching peg to stick



Items needed

- Pegs coloured end
- Lolly sticks with 4 colours

Ask children to match the lolly stick to the peg see who can match the most

Mr Potato head



Items needed

- Mr Potato head game

How quickly can you put Mr Potato head back together

Threading Ribbon



Items needed

- ribbon
- cooling rack

work in pairs and ask children to weave the ribbon taking turns and helping each other with the up and down method

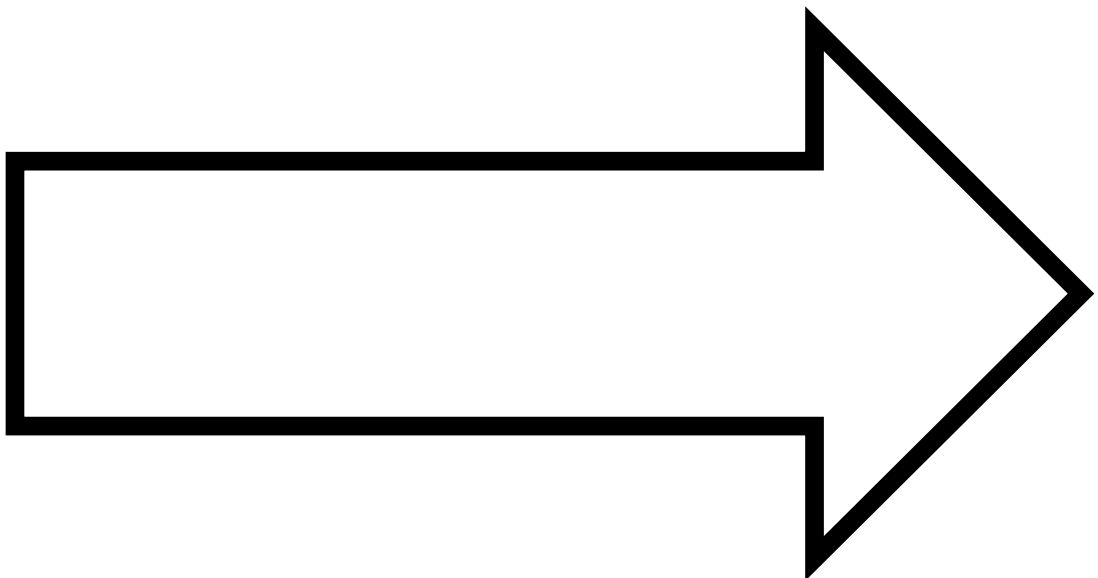
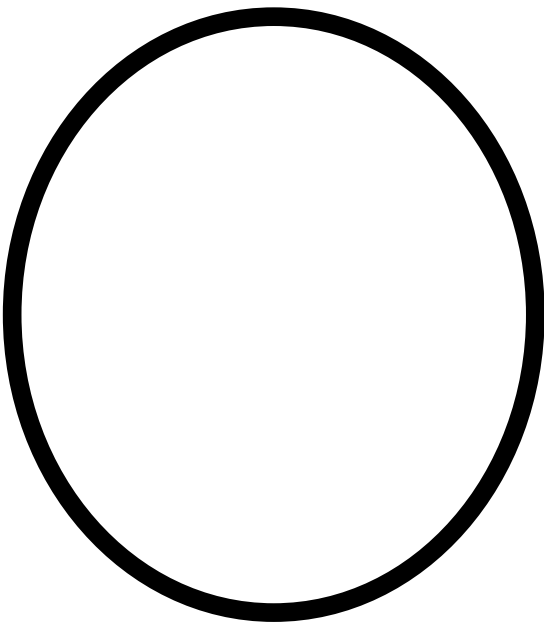
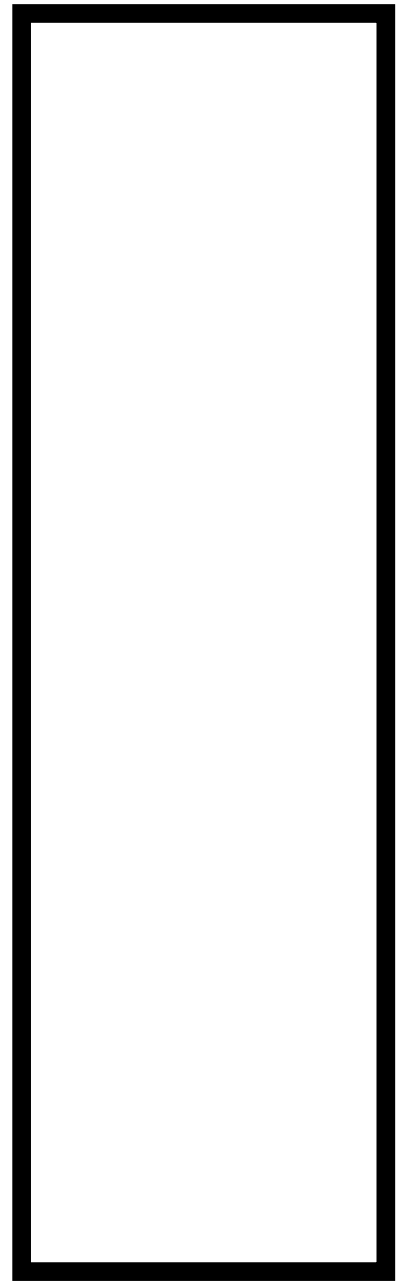
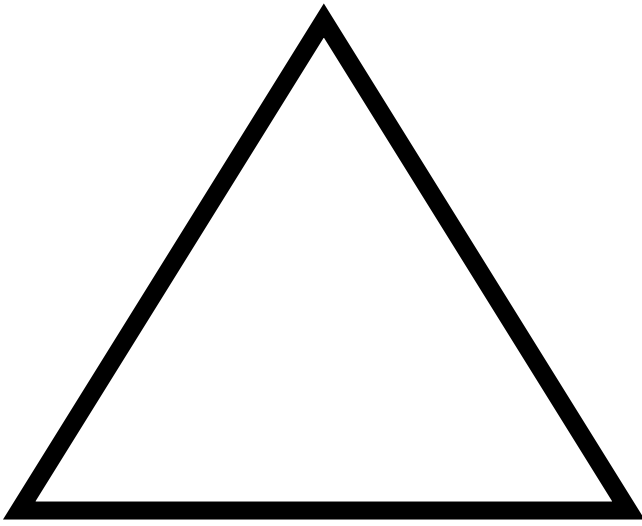
Dots On shapes



Items needed

- sheet of shapes
- sticky dots

Children use their stickers to follow the spiral around by 'dotting'. Once they have 'dotted' along the spiral, they need to cut it out



Making rainbows



Items needed

- Pom poms
- rainbow template

Place the Pom poms on the correct colour



RAINBOW COLOR SORT

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Button posting



Items needed

- coloured pots with lids
- coloured button

Post the buttons in the correct colour in pairs.

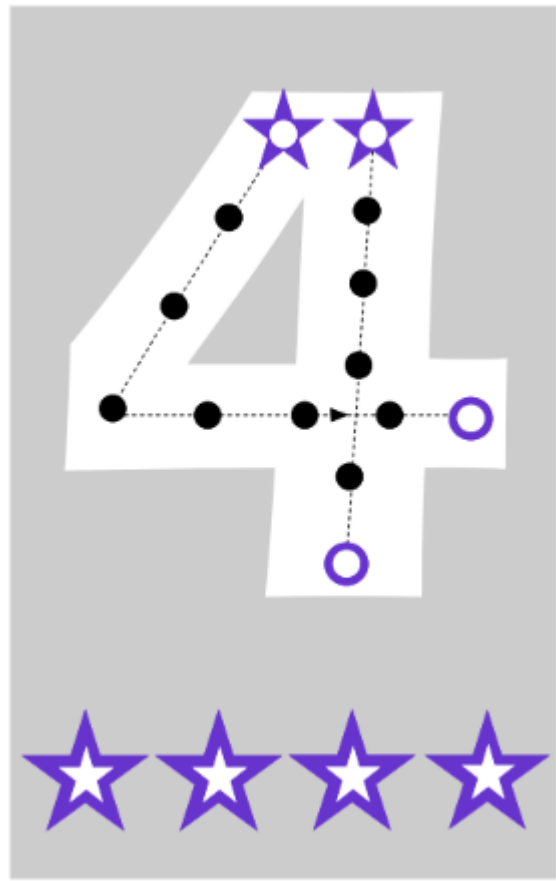
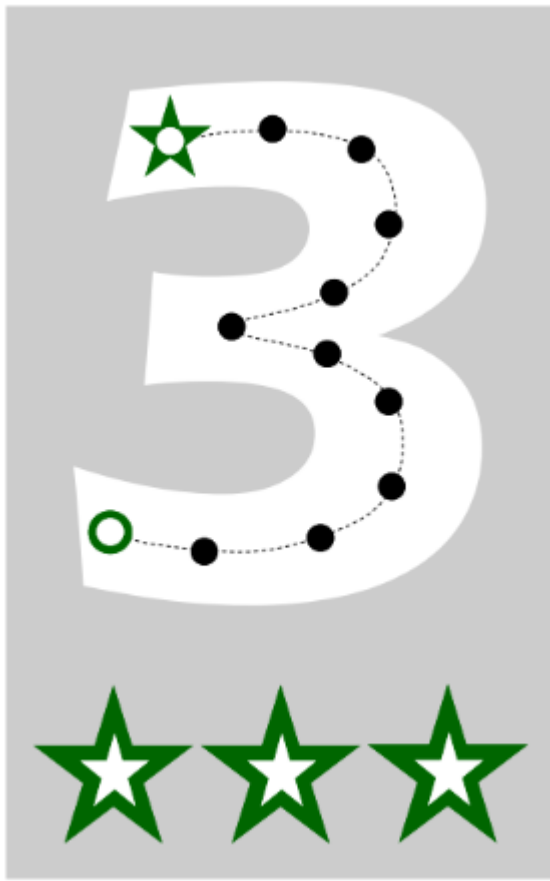
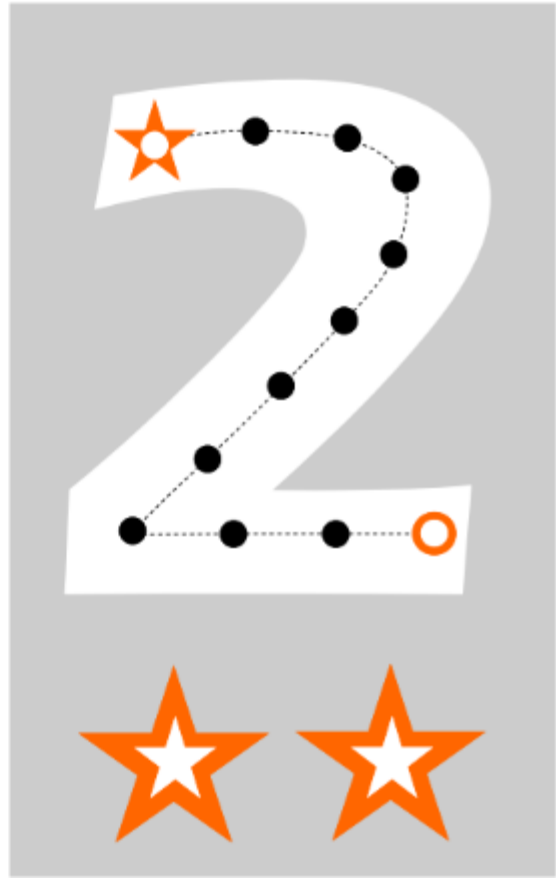
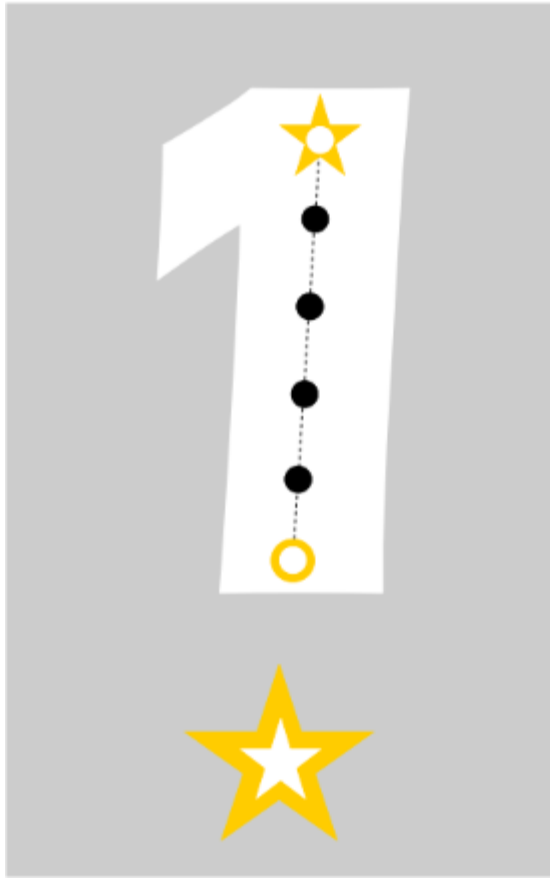
Lacing cards

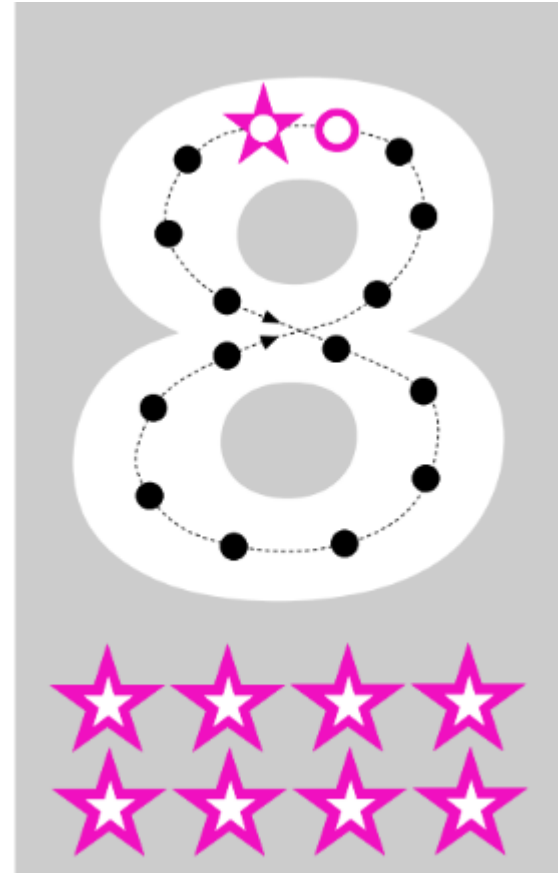
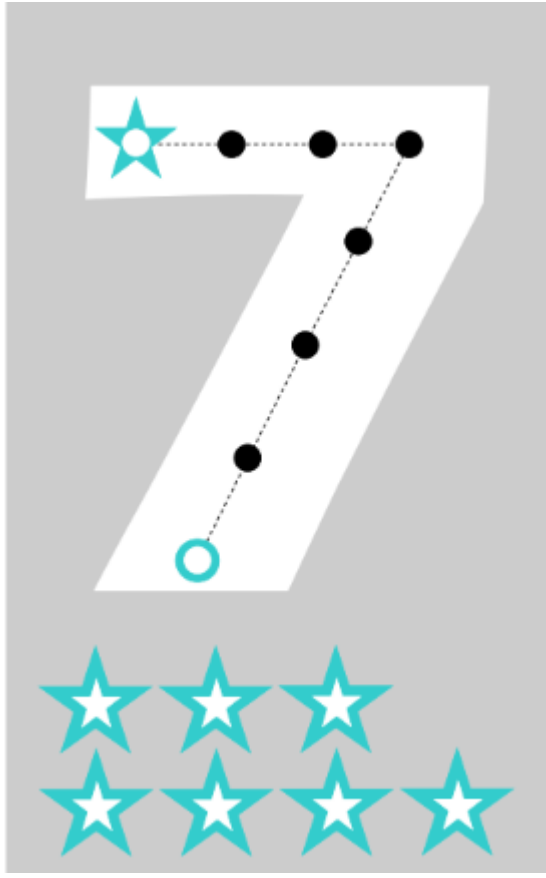
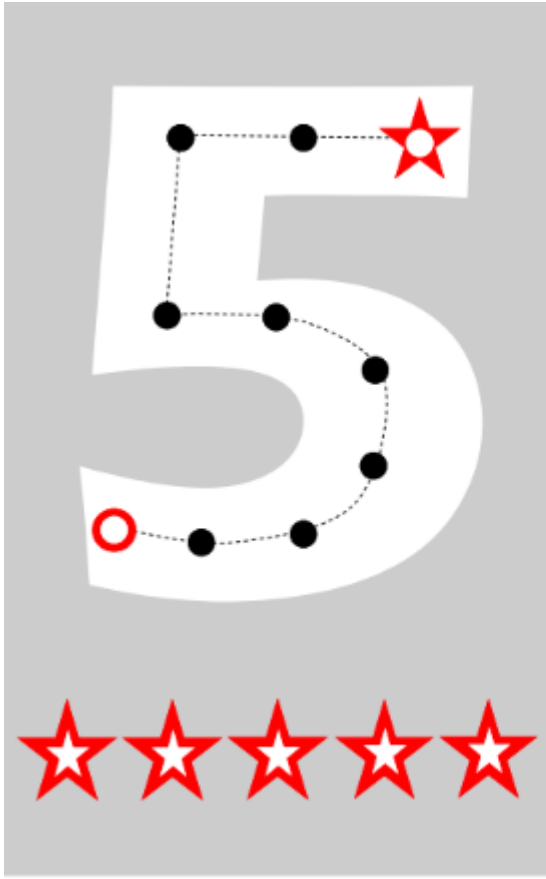


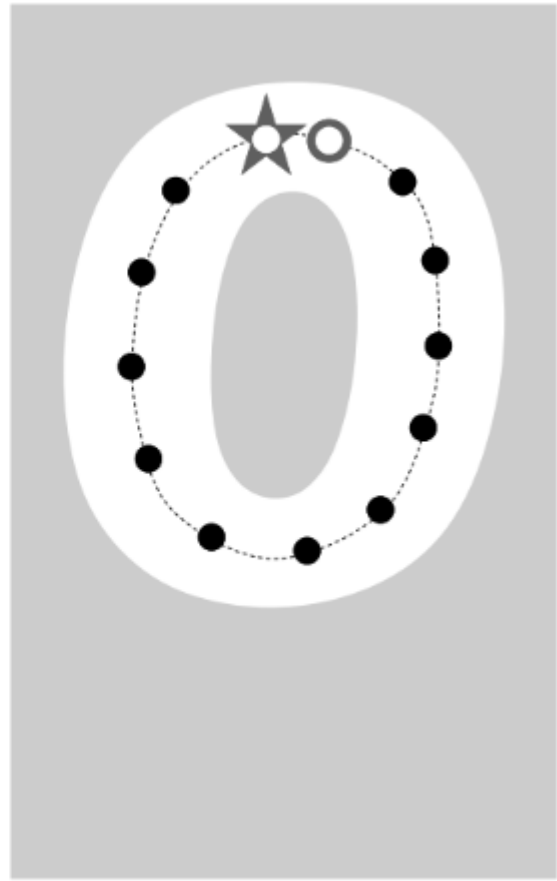
Items needed

- Laminated number cards
- Laces

Pick a number and use the laces using the up and down method







Button Snake



Items needed

- square pieces of felt with a slit for a button
- button sewn onto a long piece of material

Popping bubbles



Items needed

- small rolling pin
- bubble wrap

Give each child a piece of bubble wrap and rolling pin and see if they can pop the bubbles

Loom band patterns



Items needed

- Geo board
- loom bands

Make patterns with the loom bands

Nuts and bolts



Items needed

- nuts and bolts
- metal container with holes

Marbles on golf tees



Items needed

- Polystyrene block
- golf tees
- marbles

Making paper chains



Items needed

- strips of paper
- glue

Pom pom drop



Items needed

- 6 toilet rolls
- pom pom
- tweezers
- 2 tubs for pom poms

Transferring cotton balls



Items needed

- 2 bowls
- cotton wools ball
- chop sticks

Cup challenge



Items needed

- plastic cups

Hoops on sticks



Items needed

- bowl of Cheerios
- 6 kebab sticks
- 2 dice
- play dough

In threes, children work against each other to roll the dice and thread that number of cheerios onto the spaghetti. The winner is the one who has the most by the end of the song- the children can't roll the dice until their team mate has finished threading!