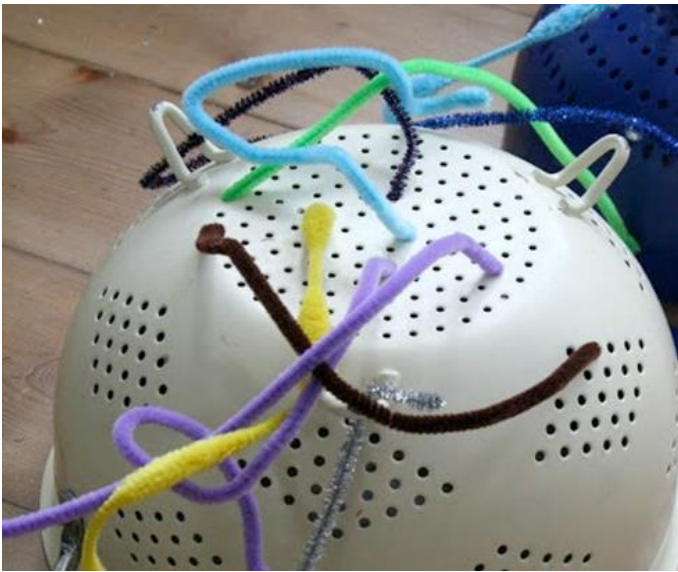


Fine Motor Skills ACTIVITIES



One of the most important ways we can help our children while playing with them at home is through setting up simple activities that help to develop fine motor skills. We cannot expect them to be able to write if they haven't yet developed the strength needed in their hands and fingers. There are plenty of easy ways to strengthen these muscles, practise co-ordination and develop hand eye co-ordination using simple, everyday materials and a bit of creative fun!

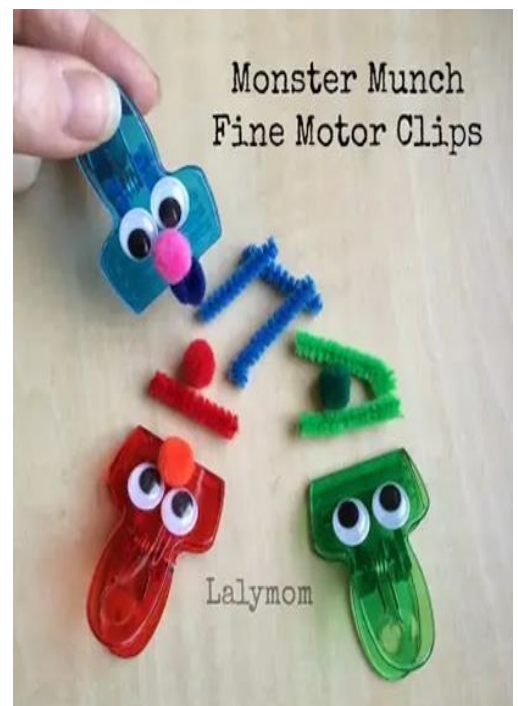
Here is a collection of fine motor skills activities for children that are easy to set up and promote a whole range of skills. They're creative, open-ended, appropriate and varied with ideas for practising motor skills through art, sensory play and simple manipulative games, and there are so many to choose from!

The clips are cute, I'm sure you will find tons of ways to play with them.

Set them out on a matching red tray along with some Monster Food, which was nothing more than matching colored pom poms and cut up fuzzy sticks (aka pipe cleaners) Maybe bowls that vaguely matched each monster clip too, put those out and get to work munching up the food! . You can also work on counting, sorting and size comparison.

What You'll Need

Coloured clips or Pegs, A variety of matching pom poms, pipe cleaners. Googly eyes. And Glue



Pipe Cleaner Rainbow Tree

Different colour pipe cleaners of the rainbow: red, orange, yellow, green, blue, & purple.

Twist the pipe cleaners together but leave them separate at the top for the branches and

a little bit at the bottom (for the roots).

And just in case they got a little top heavy with the pony beads, tape the roots down to the tray.

Pour out a bunch of beads onto a tray and let them create!

Encouraged to match the beads to the coloured branches...



Try making your own pip cleaner rainbow tree to work on:

colour recognition and matching skills

fine motor skills

Colorful Pipe Cleaner Tree

Supplies:

pipe cleaners

beads

tape

Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb. They help children perform important tasks like feeding themselves, grasping toys, buttoning and zipping clothes, writing, drawing, and more.



LEGO Duplo Ring Toss



What You'll Need

Pipe Cleaners

Duplo Plate

Duplo 2x2 Bricks (50+)

LEGO DUPLO RING TOSS

LEGO Duplo Ring Toss is a fun game that kids can build and play! Learning can also be incorporated with this activity!

Building Duplo towers and twisting pipe cleaners into rings is really good for fine motor skills. Children can practice counting how many rings they get on the Duplo towers. And by placing numbers on the Duplo towers, older children can add points and keep score. Remember, even if you don't have these exact Duplo bricks you can always use what you have!

How to Prepare and Play:

To make the rings, twist three pipe cleaners together and form a circle.

Create eight or more towers by stacking six or seven 2x2 Duplo bricks into a tower.

Attach the Duplo towers, evenly spaced onto the Duplo plate to make a ring toss stand.

Set the ring toss stand on the floor or low table.

Have the children take turns tossing the rings onto the Duplo towers.





They are simple to make, cost very little to put together and are great for promoting fine and gross motor skills, concentration, curiosity and cause and effect, amongst other benefits.

What to do

Empty coffee, cocoa and milk powder canisters.

First decorate the empty canisters by wrapping them in bright, patterned wrapping papers with contrasting colours. Then collect some other materials to add to each one, to create a variety of types of toy. Tactile Ribbon-Pull Tugging Toy:

For this one puncture some holes into the sides and lid of the container and made sure there were corresponding holes at the same levels on each side. Then find a variety of highly tactile ribbons in different colours and widths, including velvet, organza and silky. Thread them through the holes, coming in one side and out the exact same place on the opposite side so that they could be easily pulled back and forth. Knot the ends securely so that they cannot come out. In the lid add a few more holes although these can only be pulled upwards. Some of these ribbons make a lovely noise when pulled due to their stiffer material, so that added a lovely surprise element to play!



What You'll Need

- Empty Tins
- Colourful Ribbons
- Lolly Pop sticks

Lolly Stick In-Out Toy:

To make this one I simply cut some slits in the plastic lid and stick in a bright, colourful, wooden lolly stick into each one. The idea is to pull them out and push

What to do

Children love to pull them all out as fast as they can but may struggle to push them back in, yet others may enjoy both taking them out and putting them back. Great for strengthening fingers, hands and wrists.



Dropping and Posting Toy:



For this toy simply cut a slot into the soft plastic lid, find some metal food lids. Cover them in paper and number them 1-5 That's it !!.



Painting with cotton wool buds

Children love dipping the buds into the various paint colours and creating simple patterns and lines with the dots across the paper. Move on to use the cotton buds as miniature painting tools to paint line drawings of people with. Explore freely to see what else they can do with them.

Any questions please contact the OT Team at Strathmore
Charlotte, Alison and Helen

