

# Fine Motor Skills Activity Cards



## Fine Motor Skills

Use bubble wrap.

How many bubbles can you pop?  
Can you beat your score next time?



## Fine Motor Skills

Use a colander and pipe cleaners.

Can you thread the pipe cleaners  
through the holes?

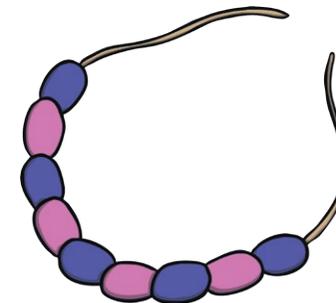
How many can you thread in a minute?



## Fine Motor Skills

How many beads or buttons can you thread on a  
lace or string?

Can you make a pattern using different colours?



Fine Motor Skills

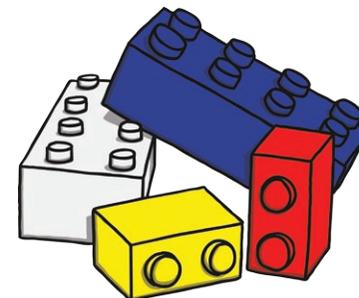
Use your thumb and finger to practise winding up toys. Watch them go, can you have a wind-up race?



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Fine Motor Skills

Use small building bricks to make a construction. Can you push the bricks together and then pull them apart?



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Fine Motor Skills

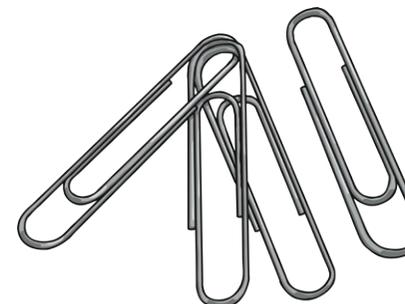
Use tweezers to see how many pieces of pasta, rice or pom-poms you can pick up.



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Fine Motor Skills

Can you make a chain of paper clips?  
Can you make a chain longer than a pencil, a ruler, a book or your table?



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Fine Motor Skills

Use a mini hole punch – how many holes can you make in a piece of paper, card, tissue paper even leaves?



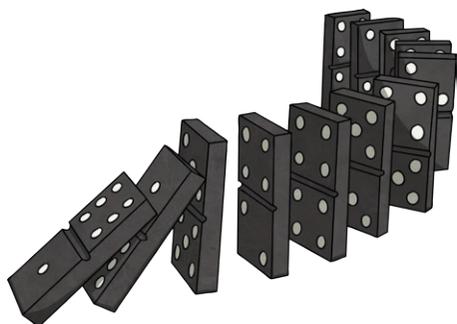
Fine Motor Skills

How quickly can you do up buttons or zips on a jacket or coat?



Fine Motor Skills

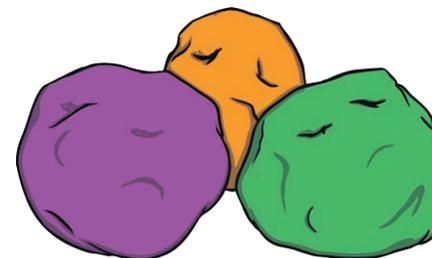
Pick up dominoes and make a long line next to each other, then knock them down!



Fine Motor Skills

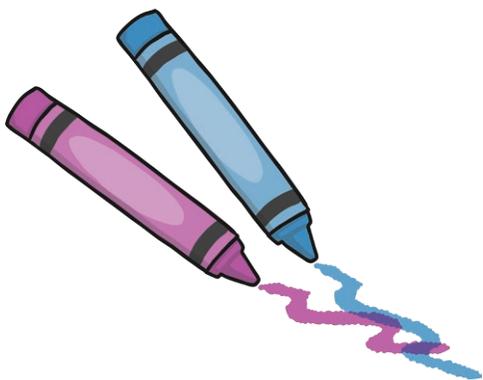
Use your thumbs and fingers to make a playdough meal!

What other foods could you make?



Fine Motor Skills

Trace around stencils with a pencil, felt tip, chalk or crayons.



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Fine Motor Skills

Roll a ball of playdough. Push in golf tees. See how many marbles you can balance. Can you make a spiky hedgehog?



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Fine Motor Skills

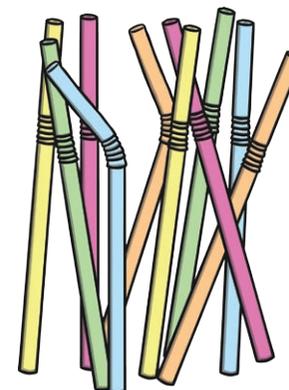
Use a sand tray and your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!



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Fine Motor Skills

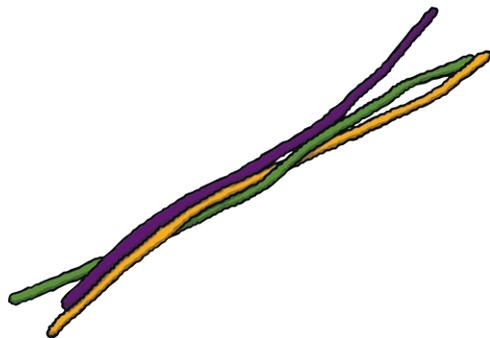
Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.



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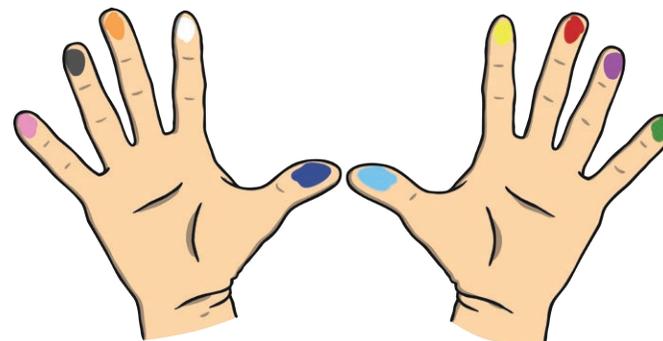
Fine Motor Skills

Wind pipe cleaners around twigs to make mini snakes or curly worms!



Fine Motor Skills

Use finger paints to make a fingerprint picture, painting or collage!



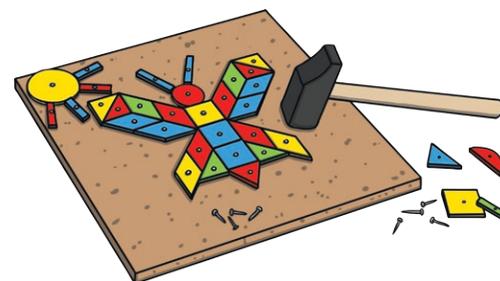
Fine Motor Skills

Use pegs to hang out washing on a washing line.  
How many pieces can you hang out using two pegs?



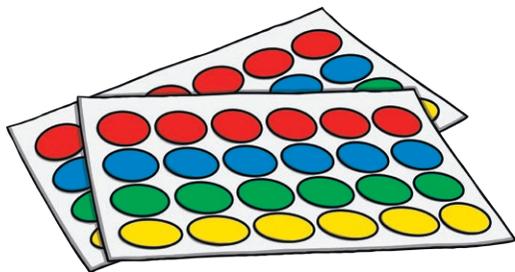
Fine Motor Skills

Use a cork board, mini hammer and wooden shapes to create a picture!



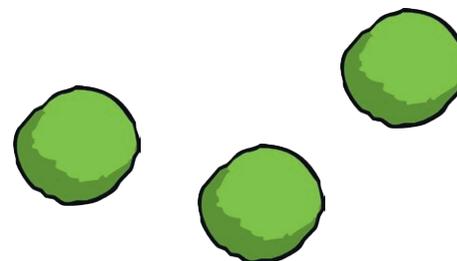
Fine Motor Skills

Use colourful sticky dots, to peel and stick to create a dotty picture!



Fine Motor Skills

Use an ice cream scoop or spoon to move pom-poms from one bowl to another. How quickly can you move 5, 10, 20?



Fine Motor Skills

Sort coins into different colour groups. Then use money to post coins into a money box.



Fine Motor Skills

Use pegs and a peg board to make different patterns and pictures. Can you stretch elastic bands across the pegs to make shapes?

