

Fine motor skills activities that you can try at home

**WHOLE ARM**

This is the development of gross motor skills including the upper arm, forearm and shoulder.

**Activities include:**

Large painting and drawing at easels

Using equipment such as rakes, brooms and shovels

Bouncing and throwing a ball

Climbing – anything that uses upper body strength

Anything that involves pushing, pulling and large arm movements

**WHOLE HAND**

Developing hand muscles is important for grasping actions and finger movements.

**Activities include:**

Spooning activities

Using a spray bottle to water plants/paint

Playdoh, rolling the playdoh, using cutter etc.

Pouring activities, moving water from one object to another

**PINCHER GRIP**

This is using the thumb and index finger together and is used to pick up and move small objects.

**Activities include:**

Using tweezers and tongs to transfer small objects

Threading beads onto a lace

Building blocks including Lego

Making small objects with Playdoh

Here are a selection of websites that we have found with great fine motor skills activity ideas that you can try at home.

1.

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

2.

<https://handsonaswegrow.com/fine-motor-skills-activities/>

3.

<https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-sensory-and-physical-needs/sen-motor-skills/sen-fine-motor-skills>

4.

<https://www.learning4kids.net/list-of-fine-motor-play-activities/>