

Fine Motor Activities

Puzzles Playdough Shred paper by tearing it into strips Sort beads Lego/bricks

Use tweezers to pick up small objects Play any game where you shake a dice Sort beads

Make toothpick sculptures with marshmallows Stickers on paper Pop bubble wrap

Use a hole punch to make designs in a piece of paper Wrap small boxes with wrapping paper

Cut out pictures and glue on paper Make a paper chain Make a paper aeroplane

Pop bubble wrap Ties your laces Trace round your hand Play with sponges in water

String toilet rolls together with wool Make a fan Chalk on the floor

Put elastic/hair bands around different sized objects Tear up recycled paper

