**Fine Motor Activities**

Here are a few ideas for some, fun at home, fine motor activities. All these suggestions are great for fine motor development, precision, strengthening hand muscles, hand control, maths skills, and colour recognition.

**Cotton bud painting**

* Children practice their names and letters by dot painting along the letters of their name.
* Look at Aboriginal style paintings, or paintings by an artist who uses ‘Pointillism’ as a technique (for example, Seurat) and have a go at creating your own.

**Play dough, buttons and more!**

* Use the recipe on the portal to make your own playdough, or use some you already have.
* Hide buttons deep in the play dough and dig them back out-great for strengthening hand muscles.
* Have a dough disco! Follow this link

<https://www.youtube.com/watch?v=DrBsNhwxzgc>

**Pipettes and water play**

Add food colouring to different cups of water and use the pipettes (or eyedroppers/syringe) to squeeze the water up and release onto paper towel. Watch the colours travel across the paper…..what is happening?

**Hole punch game**

Take a long rectangular piece of paper and mark out 20 circles. Children will roll a dice and punch that many holes in the strip. This helps with maths skills; number recognition and counting.

**Other suggestions**

Pipe cleaners threaded through colanders.

Making pasta necklaces.

Dressing and undressing themselves; practice with buttons, zips etc.