



Activities for Fine Motor Skills

Fine motor skills are the coordination of small muscle movements. More often those in our fingers and hands but picking things up with our toes is also a fine motor skill. Tying shoelaces, buttons, writing, all use fine motor skills.

The following activities are easy to replicate at home using cheap and easy to find materials.

Threading:

Anything with holes can be used for threading. Pasta, assorted beads (make them age-appropriate size) milk bottle tops with holes punched. Thick string, pipe cleaners, chop sticks can all have things threaded onto them.



Squeeze out a sponge:

Two bowls, one with water, transfer water from one bowl to the other by squeezing the water out, simple and easy. It helps to strengthen hands and forearms. Add a few bubbles or food colouring for extra fun.

Play dough:

Rolling, shaping, kneading, and stretching. Add texture with sand, rice, or glitter for a sensory experience as well.



Finger painting:

Great for hand eye coordination. Add corn flour, sand for texture. I recommend this as an outdoor activity.

Spinning Tops:

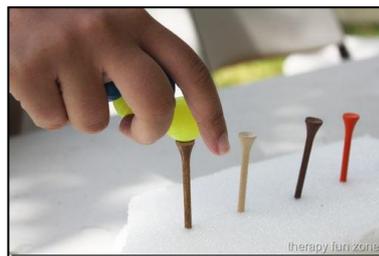
These use the same fine motor skills as is used for handwriting. Start with easy to spin tops and move on to spinning tops that jump. (See www.annatullemans.com.au for a range of sensory tools to improve fine motor skills)



Fine motor skills are small muscle movements that incorporate hand eye coordination such as:

- Cutting, drawing with different sized crayons and pencils.
- Lacing, hand clapping games.

A favourite activity in our house is stickers. I buy sheets of dots or stars and draw dots in a shape on paper, she then has to place the stickers on those dots to match the shape. Word of warning, unless you want stickers on everything, don't leave your little one unattended.



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