

### Activities to develop gross motor skills .

- Painting to music on big paper
- Catching and throwing
- Climbing
- Digging in the sand
- Chunky chalks on the concrete path
- Painting with buckets of water and large brushes
- Making marks in snow, sand and soil with sticks
- Painting on large paper in the garden (old rolls of wall paper)
- Give children note pads, clip boards and mark making tools to use in their outdoor play.
- A garden area - raking leaves and grass, sweeping up the mess afterwards.
- Building using large cardboard boxes, large cardboard tubes and crates.
- Using large sponges to clean bikes and cars.

### Activities to develop fine motor

- Hand exercises such as closing the fingers to the palm and stretching to rhythm  
Touching the tip of each finger separately onto the tip of the thumb each hand.  
Closing fingers smoothly beginning with little fingers  
Placing palm flat on table and raising finger individually first one hand then both together
- Finger painting - use different textures, eg: drawing in shaving foam, sand, cornflour, etc
- Construction toys, eg: Lego and Meccano
- Modelling in clay, plasticine or dough, pressing, squeezing pinching
- Threading beads or cubes starting with large ones, progressing to small
- Building towers with small cubes (sugar cubes/dice)
- Tracing fingers through stencils or cards with patterns of letters cut from sandpaper
- Stretching elastic bands across pegs to form pattern
- Flicking ping-pong ball - as game with different fingers
- Picking up small objects with clothes pegs
- Rings placed on individual fingers
- Lacing cards
- Tiddlywinks/marbles
- Using tweezers to pick up pins, seeds, buttons and placing them in containers
- Pipe-cleaners - making shapes and figures by twisting the pipe-cleaners around each other
- Use dough to get children's hands working before asking them to draw, write etc
- Stretching elastic bands
- Tying and wool wool/ribbon/string along fences or baskets
- Inserting pegs into board
- Using scissors
- Padlocks and keys
- Bottle with tops for screwing on and off, add rice/pasta
- Painting using cotton buds, lolly sticks and toothbrushes



## **Activities**