

'Funky Fingers' Activities

Fine motor skills are so important for so many things we expect young children to be able to do, from getting dressed and undressed, writing, using scissors and moving and handling everyday objects.

Here are some 'Funky Fingers' ideas you could try at home to help your child develop their fine motor skills and help to improve finger strength and control.

- *Threading beads, Cheerios or uncooked pasta tubes onto string or pipe cleaners.*
- *Tearing newspaper or wrapping paper, trying to make strips.*
- *Use sellotape or masking tape to wrap a present.*
- *Use chopsticks or tweezers to pick up pebbles, raisins, dried beans, cotton wool etc.*
- *Painting with fingers, cotton buds and brushes.*
- *Pouring/spooning/filling/emptying containers with e.g. flour, sand, dried foods, water.*
- *Twisting and turning caps, lids and bottles.*
- *Punching holes with a hole punch.*
- *Practising zips, buttons, laces on their own/your clothes, dolls etc.*
- *Building with small bricks, Lego or any other construction material.*
- *Junk modelling with recycled materials, glue and tape.*
- *Making a paper chain decoration.*
- *Rolling out pastry or play dough with a rolling pin; using cutters.*
Encourage your child to pull, squeeze, roll, twist the dough etc.
- *Use stickers to make pictures.*
- *Pegging clothes onto a washing line/rack*



