

FMHS L1
Fine Motor

Fine Finger Fun
To Develop Hand and Finger Strength and Manipulation
Level 1

Sorting	Beads, macaroni, rice, buttons, coins, peas, playing cards, sticks
Threading	Beads, macaroni, buttons, lengths of straws
Lacing	Laces through pegboards, dot to dot pictures
Matching	Shapes, sizes, patterns, colours etc of any chosen material/objects
Stretching	Rubber bands or elastic around pin-boards: copy shapes or make designs
Weaving	Cloth, thread, cane, paper, paper folding activities, pipe cleaners
Pouring	To and from assorted shape and size containers
Jigsaws	Card, wood, plastic, felt, fuzzy felts
Games	Draughts, solitaire, pick up sticks, counter games, connect 4
Building	Lego, multi-link, bricks, marble runs, constructor straws
Printing	Potato, sponge, finger printing, scrunched newspaper
Pen/Pencil	Tracing (over designs and around shapes), colouring, dot to dot, rubbing over different textures
Pottery	Pinch and coil pots, playdough, silly putty
Music	Keyboard or wind instruments such as recorder
Pinching	Clothes peg/bulldog clip and attaching around edge of shoebox or similar (use a thumb and 1 st finger grip) Small spring 'fall down' toys, tiddly winks, squeeze ball operated toys e.g. frogs and spiders
Prodding	Flip frogs game, tiddly winks, button operated toys, finger puppets, bursting bubbles, typewriter
Squeezing	Small water pistols, silly putty
Winding	Small wind-up toys, can openers, taking lids off jars and tubes, twist together toys, kaleidoscope
Pincer Grip	Games using tweezers, pocket sized games e.g. connect-4, decorating cakes with 100s and 1000s.

