

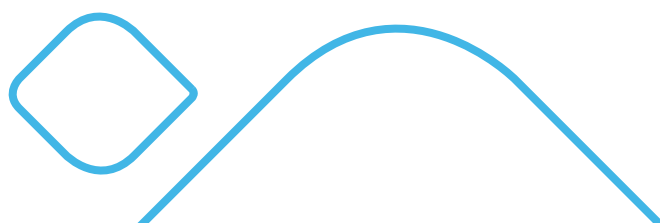
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Fine Motor Skill Activities

Fine motor skills involve small muscles working with the brain and nervous system to control movements in areas such as the hands, fingers, lips, tongue and eyes. Developing fine motor skills helps children do things like eating, writing, manipulating objects and getting dressed.

Activities to encourage

- Dot-to-Dot books
- Colouring
- Simple origami
- Word searches
- Inset puzzles / join together puzzles
- Puzzle books (You could try Usborne young puzzle adventures as a start)
- Maze books (where child has to find way around printed mazes)
- Squeeze clothes pegs to remove them from the rim of a peg basket (or ice-cream container) or squeeze pegs positioned on a clothes horse to remove dolls clothes or dress- ups
- Simple snipping activities with scissors
- Play board games such as trouble, snakes and ladders or pick up sticks.
- Water plants with a spray bottle
- Squirt a water pistol at a target
- Play board games such as snakes and ladders or pick up sticks
- Play card games; snap or heads and tails.



Activities for your child's hands

- Open/close hands several times and then give them a good shake before writing or
- similar activity
- Play finger games such as “Incy Wincy spider”
- Drumming fingers on table
- Work with Playdough or ‘silly putty’ or similar. Hide coins in play dough – try getting them out with and without eyes closed.
- Construction activities
- Threading activities using various sized beads/buttons or use lacing cards
- Tear up coloured paper for gluing & sticking / collage activities
- Drawing on large whiteboard/blackboard (encourage your child to make large
- Movements)
- Encourage your child to doodle with both hands
- Putting on and removing bolts from nuts
- Any pegboard activities where small pegs have to be pushed into or pulled out of holes.



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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

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