

March 2020

Children's Therapies Department
Royal United Hospital
Combe Park
Bath
BA1 3NG

Tel: 01225 824220

ruh_tr.childrenstherapies@nhs.net

Children's Occupational Therapy Department

Fine Motor Skill Activities to do with your child at Home ...

It is very important that you do these activities, and they should be seen as part of the process of meeting your child's needs.

Start by doing the initial activity in each area first, work through the list and find out what you child finds difficult.

You should be practicing 1-2 skills for a week and then changing them unless your child is motivated to master something and wants to keep going. It is important to make the ideas fun. If your child is finding the activity easy at all please move on. Please ensure you give your child lots of praise.

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
- 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



Other Activities that should be encouraged

- Dot-to-Dot books
- Colouring
- Simple origami
- 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 trouble, snakes and ladders or pick up sticks

