



# Fine Motor and Finger Gym Activities

Lets strengthen our muscles and use lots of materials you can find around the house.

You will have lots of fun 😊



# Finger Gym Activities

Here are some activities that you could do 😊

- \* Bend pipe cleaners into different shapes.
- \* Hide 'treasure' in little mounds of playdough.
- \* Use tweezers or your fingers to pick up rice, pompoms etc.
- \* Thread beads, cheerios etc. through lace or pipe wire.
- \* Practise tying your shoelace.







# Finger Gym

- \* Can you use the tripod fingers to roll out **small balls** with a **rolling movement** of the fingers and **small sausages** with a **back and forth movement** of the fingers. Sausages can be easier than balls at first.

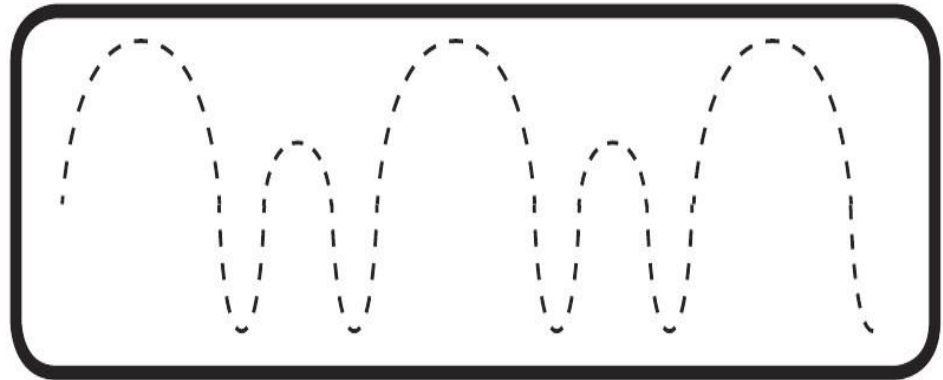
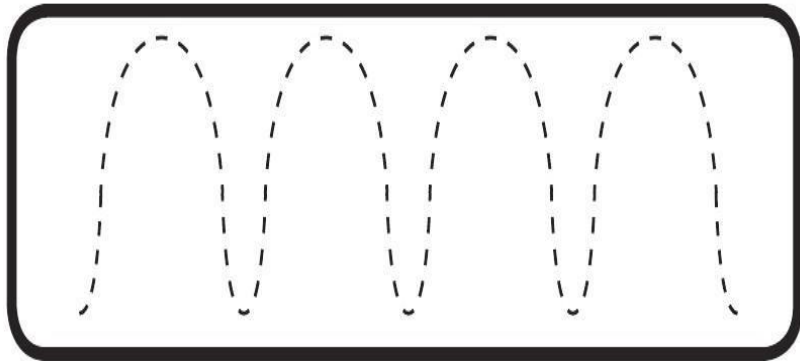
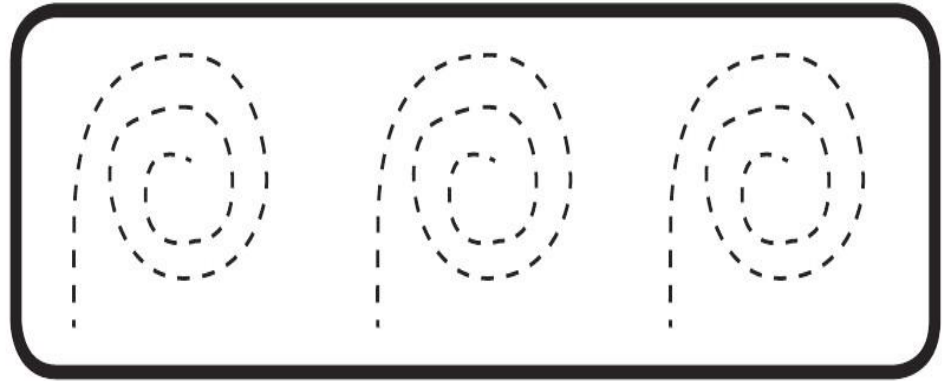
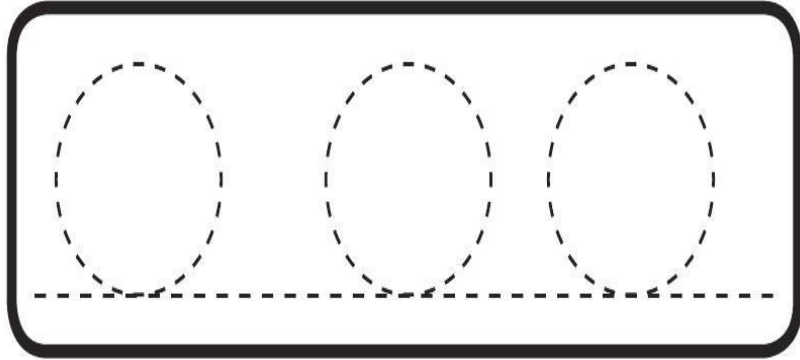


# Finger Gym

- \* Can you take one piece of paper at a time to squish a bit as shown, using the tripod fingers of both hands.
- \* Now for the tricky part, Can you roll the crumpled paper into a smaller, tighter ball.

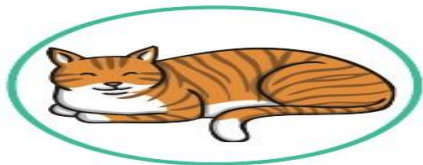


Can you trace over dotted lines?





# Can you cut along the dotted line?





# I am David.....Who will you make?

- \* Can you draw a simple picture on a piece paper with a pencil. Then you can stick beans on to the lines with glue. (Gripping the beans with their fingers is good fine motor practice).



# It's time for building.

- \* What can you build with your lego/blocks?

