

## Funky Fingers - Fine Motor Skills Activities!

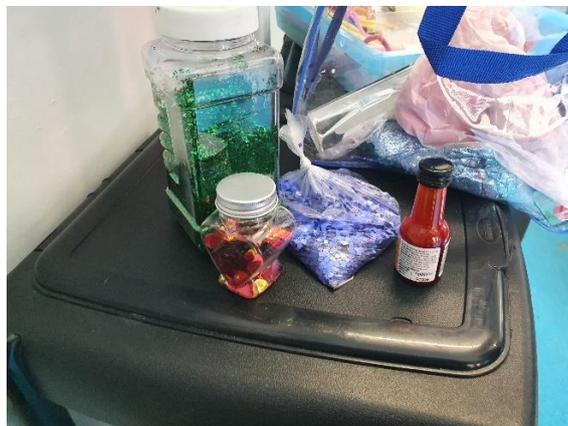
Fine motor skills are the ability to make movements using the small muscles in our hands and wrists. We rely on these skills to do key tasks in school, at work, and in everyday life - for example, holding a pen or pencil for writing, drawing pictures, using a keyboard and using scissors.

These activities are designed to encourage children to practice and develop their fine motor skills.

### Activity One: Sensory Bottles

#### You will need:

- *Empty plastic bottle*
- *Sequins/glitter/food colouring/small pieces of paper/straws etc.*
- *Baby oil (if possible)*
- *Water*
- *Fill an empty plastic bottle with sequins, small bits of paper, glitter, straws etc.*



- Encourage your child to use their forefinger and thumb to pinch and pick up the small items and practice cutting bigger items to make them smaller.



- Add a little baby oil and water.



- Screw the top of the bottle on tightly, adding glue if required.
- Encourage squeezing, rolling, shaking etc.



## Activity Two: Recycled CD Decorations

### You will need:

- Old CD's
  - Sequins/stickers/glitter/coloured paper etc
  - Glue
  - String/wool
- 
- Decorate an old CD using different materials, encouraging use of forefinger and thumb to pick up and place items.
  - Use an old paint brush to glue the items in place.



- Once dry, add a piece of string/wool through the centre circle and hang up!

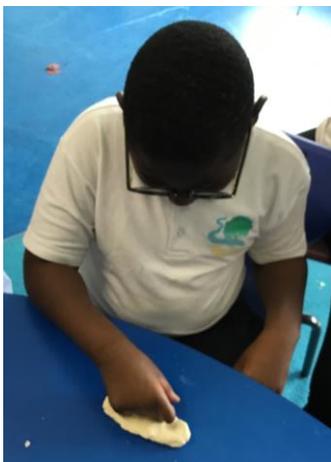
## Activity Three: Salt Dough

### You will need:

- 2 cups flour
  - 1 cup salt
  - 1 cup water
  - Rolling pin/cookie cutters
- 
- Place all ingredients into a bowl, and mix together.



- Combine to dough and encourage kneading, pulling, twisting, stretching etc.



- Roll out the dough and use cookie cutters to make different shapes.



- Reuse, or bake shapes in oven to harden.