

Fine Motor Ideas and Activities

Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb. They help children perform important tasks like feeding themselves, grasping toys, buttoning and zipping clothes, writing, drawing, and more. The ability to complete self-care and every day tasks helps a child's self esteem and confidence to increase.

Have a look at some of these everyday item ideas to enhance your child's fine motor skills at home. These can also be incorporated into your children's daily learning.



Sorting



Counting, doubling and number bonds



Counting in 2's



Making number lines 1's, 2's, 5's and 10's



Making words





Weaving, threading and art

Adding and taking away



Money
(making amounts)

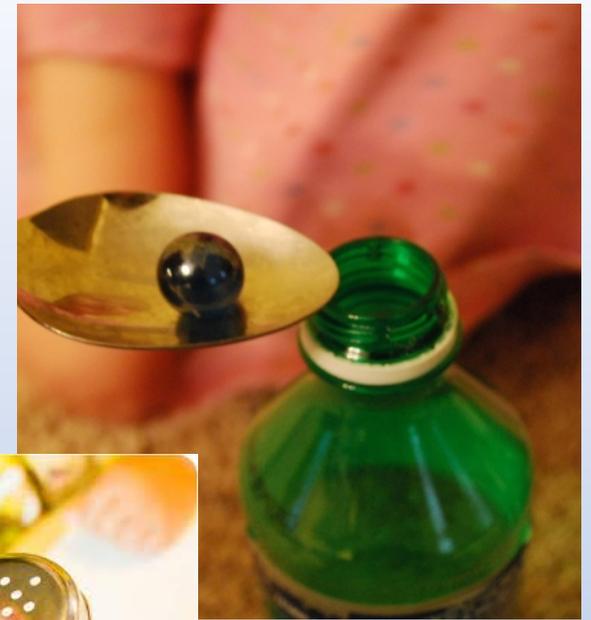
Sorting



Pattern making and counting
1's, 5's and 10's



Estimating



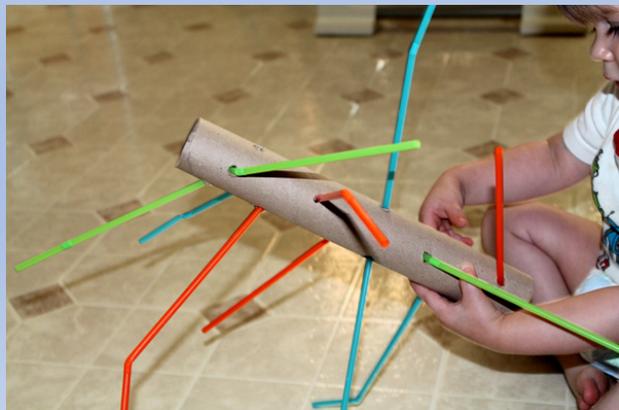
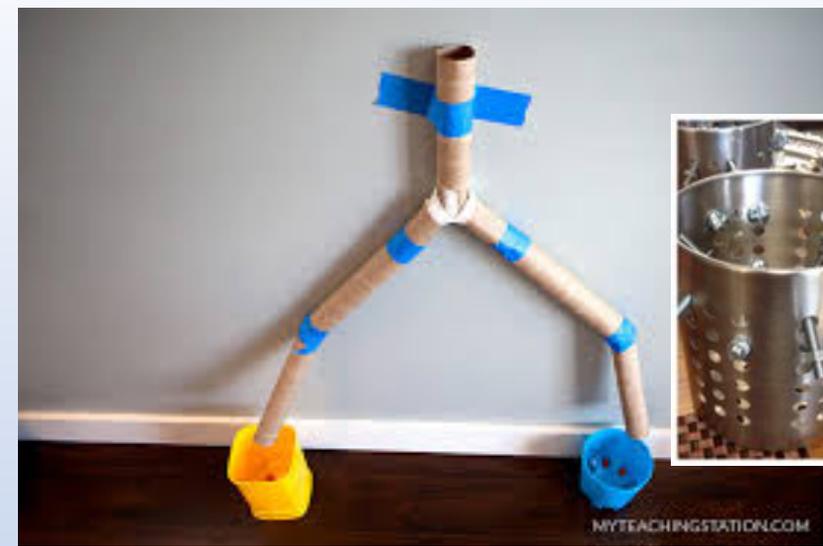
Construction



Measuring and stacking



Making arrays and multiplication





Place value and counting
in 10's and 1's

Catching and throwing



Capacity



Other ideas

