

# St Mary and St Thomas C of E Primary School



Developing fine motor skills



## Fine Motor Skills

Fine motor skills refer to the ability of a child to control the small muscles of their body in order to perform certain functions, like writing or tying a shoelace. Below are some fun opportunities to develop these essential skills at home.

<b>Bubble Wrap</b> Use bubble wrap. How many bubbles can you pop? Can you beat your score next time?	<b>Colander</b> Use a colander and pipe cleaners. Can you thread the pipe cleaners through the holes? How many can you thread in a minute?	<b>Beads and Buttons</b> How many beads or buttons can you thread on a lace or string? Can you make a pattern using different colours?	<b>Wind Up Toys</b> Use your thumb and finger to practise winding up toys. Watch them go, can you have a wind-up race?	<b>Building Bricks</b> Use small building bricks to make a construction. Can you push the bricks together and then pull them apart?
<b>Tweezers</b> Use tweezers to see how many pieces of pasta, rice or pom-poms you can pick up.	<b>Paperclips</b> Can you make a chain of paper clips? Can you make a chain longer than a pencil, a ruler, a book or your table?	<b>Hole Punch</b> Use a mini hole punch – how many holes can you make in a piece of paper, card, tissue paper or even leaves?	<b>Buttons and Zips</b> How quickly can you do up buttons or zips on a jacket or coat?	<b>Dominoes</b> Pick up dominoes and make a long line next to each other, then knock them down!
<b>Sand Play</b> Use a sand tray (or salt, sugar, lentils etc.) and your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!	<b>Stencils</b> Trace around stencils with a pencil, felt tip, chalk or crayons.	<b>Straws</b> Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.	<b>Pipe Cleaners</b> Wind pipe cleaners around twigs to make mini snakes or curly worms!	<b>Pegs</b> Use pegs to hang out washing on a washing line. How many pieces can you hang out using two pegs?
<b>Stickers</b> Use colourful sticky dots, to peel and stick to create a dotty picture!	<b>Ice Cream Scoop</b> Use an ice cream scoop or spoon to move pom-poms from one bowl to another. How quickly can you move 5, 10, 20?	<b>Coins</b> Sort coins into different colour groups. Then use money to post coins into a money box.	<b>Threading</b> Thread some strong or wool in and out of holes punched in paper.	<b>Newspaper</b> Use newspaper to scrunch up into balls. How many can you make?

# Amazing Playdough

- Use your thumbs and fingers to make a playdough meal! What other foods could you make?
- Roll a ball of playdough. Push in golf tees. See how many marbles you can balance.
- Can you make a spiky hedgehog?
- Roll out the playdough and use a tool to write your name in it
- Roll out long snakes, can you make different sized ones?
- Use other materials such as buttons, pasta or sequins to decorate your playdough model
- Pinch around the outside of your playdough with your fingers
- Roll lots of balls of playdough, stack them together to create a tower!
- Stamp some toy animals into the playdough to create patterns and fossils

## Playdough Skills



flatten



spiral



cylinder roll



indent



cut out



pierce



push



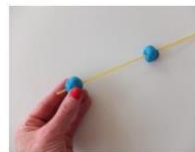
twist



plait



squeeze



thread



roll (into a ball)



imprint



roll (with a rolling pin)



cut

## Non-Cook Playdough Recipe

**How to make the best ever, no-cook play dough recipe in just 4 minutes, that will last for 6 months!**

### What you Need:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)

### Method:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring TO the boiling water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. \* This is the most important part of the process, so keep at it until it's the perfect consistency!\*
- If it remains a little sticky then add a touch more flour until just right

Letter formation is important to teach and model correctly. Look at groups of letters such as c a d g o q which start with the c shape. Drawing an arrow at the top of the page can help with directionality. If children are not corrected with their letter formation, it is trickier for them to develop pace and flow when they begin to want to write longer sentences.

Aa Bb Cc Dd Ee Ff

Gg Hh Ii Jj Kk Ll Mm

Nn Oo Pp Qq Rr Ss Tt

Uu Vv Ww Xx Yy Zz