



A Parent Guide to Fine Motor Skills

Early Writing Activities:

Why not try some of the following fine motor activities at home with your child? Remember, if your child isn't able to do all of these activities, that's okay - find a way to adapt it to suit your child wherever possible.

- Use a finger, paintbrush or stick to trace into a tray filled with sand or another fine material like, sugar or rice. For a dinosaur or farm theme, you could even use dirt!
- Use a child-safe plastic knife to cut soft fruits and vegetables.
- Pinch pegs to hang things on a line or clip around a piece of card. You could even paint the pegs, too.
- 'Paint' a garden fence, patio or wall with large paintbrushes or rollers dipped in water.
- Use tools like biscuit cutters, sticks or stamps in playdough to make imprints.
- Try potato or apple stamps (or other stamps made from cut up fruits and vegetables) dipped in paint and use them to print on paper or other surfaces.
- Draw outside on a wall, fence or pavement with chunky chalks - any lines or scribbles are great!
- Use child-safe scissors to cut up pieces of scrap paper, either randomly or following a line.
- Line up objects - such as toys, pebbles or other small items - in a row according to size or colour.
- While out on walks in natural areas, use sticks to draw in the dirt.
- Even actions that don't leave a lasting mark can be classed as mark making - tracing onto a steamy window, dragging items through puddles or using a squirt gun on paper or a fence.
- Clap out a rhythm along to a song.
- Using a whiteboard and dry wipe pens is a very different sensation - even wiping it off with a whiteboard rubber or piece of tissue is building fine motor skills.
- Dab glue (white glue or a glue stick) on paper or card and stick craft items (e.g. pom-poms, pipe cleaners, etc) or scrap paper to it.