

# Fine Motor Skills

## Activity Cards

Disclaimer: This resource is provided for informational and educational purposes only. As this resource refers to sensory activities, sometimes including food items/ingredients, you must ensure that an adequate risk assessment is carried out prior to using this resource. This resource is not taste-safe. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. Please be aware that learners should be supervised at all times due to potential hazards with handling and exploring sensory objects, particularly young or vulnerable learners. Sensory activities can engage learners in their play and learning, but supervising adults should check for allergens and assess any potential risks before the activity and only proceed if it is safe to do so, for example, even the shallowest amount of water can be extremely dangerous. Learners should wash their hands before and after these activities.

This resource is provided for informational and educational purposes only. As this resource refers to small items/loose parts which may present a choking risk, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure the resource and the information/activity it contains are safe and appropriate to use in your situation.



### Fine Motor Skills

Use bubble wrap.

How many bubbles  
can you pop?

Can you beat your  
score next time?



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### Fine Motor Skills

Use a colander and  
pipe cleaners.

Can you thread the  
pipe cleaners  
through the holes?

How many can you  
thread in a minute?



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### Fine Motor Skills

How many beads  
or buttons can you  
thread on a shoelace  
or piece of string?

Can you make  
a pattern using  
different colours?



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### Fine Motor Skills

Use your thumb and finger to practise winding up toys. Watch them go, can you have a wind-up race?



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### Fine Motor Skills

Use small building bricks to make a construction. Can you push the bricks together and then pull them apart?



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### Fine Motor Skills

Use tweezers to see how many pieces of pasta, rice or pom-poms you can pick up.



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### Fine Motor Skills

Can you make a chain of paper clips?

Can you make a chain longer than a pencil, a ruler, a book or your table?



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### Fine Motor Skills

Use a mini hole punch on a piece of paper, card, tissue paper or even leaves. How many holes can you make?



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### Fine Motor Skills

How quickly can you do up buttons or zips on a jacket or coat?



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### Fine Motor Skills

Pick up dominoes and make a long line next to each other, then knock them down!



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### Fine Motor Skills

Use your thumbs and fingers to make a modelling dough meal!

What other foods could you make?



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### Fine Motor Skills

Trace around stencils with a pencil, felt tip, chalk or crayons.



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### Fine Motor Skills

Roll a ball of modelling dough. Push in golf tees. See how many marbles you can balance. Can you make a spiky hedgehog?



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### Fine Motor Skills

In a sand tray, use your finger, a feather, pipe cleaner, paint brush or spoon to make patterns, letters, numbers and shapes!



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### Fine Motor Skills

Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.



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### Fine Motor Skills

Wind pipe cleaners around twigs to make mini snakes or curly worms!



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### Fine Motor Skills

Use finger paints to make a fingerprint picture, painting or collage!



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### Fine Motor Skills

Use pegs to hang out washing on a washing line. How many pieces can you hang out using two pegs?



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### Fine Motor Skills

Use an ice cream scoop or spoon to move pom-poms from one bowl to another. How quickly can you move 5, 10, 20?



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### Fine Motor Skills

Sort coins into different colour groups. Then post the coins into a money box.



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### Fine Motor Skills

Use pegs and a peg board to make different patterns and pictures. Can you stretch elastic bands across the pegs to make shapes?



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