

Ideas for supporting fine motor development

Here are some ideas of things you can do at home to help your children develop and strengthen the muscles needed to support mark making.

- Joining paper clips together
- Making newspaper chains
- Attaching pegs
- Threading pasta on string
- Manipulating dough - squeezing, pinching, rolling, squashing
- Threading beads on to a pipe cleaner
- Using stickers
- Put pipe cleaners or straws through a colander, cheese grater, cardboard box
- Stretch rubber bands around pine cones
- Use large chalks to draw on the ground/wall outside
- Finger painting



- Using paintbrushes and water outside
- Weaving
- Cooking - mixing, squeezing, pouring, spreading, rolling
- Remove small objects from a whisk
- Tightening nuts on bolts
- Painting with cotton buds
- Use a spray bottle outside
- Peel masking tape off a table
- Fill up an egg carton with small objects
- Place buttons along drawn lines
- Drop pom poms through cardboard tubes
- Use a hole punch
- Place elastic bands around cupcake/muffin trays or a can
- Transfer objects such as wooden blocks into a container using a spatula

For additional ideas on fine motor activities which can be used at home click [here](#).