

### Fine Motor skills activities

- Weaving on a fork - you can use string, embroidery, wool or cotton.
- Playdough – throw a dice and the corresponding number created part of the body

1 head

2 body

3 legs

4 eyes

5 mouth

6 tail

This makes insect creature. The winner is whoever completes creature first.

To make playdough:

1 cup flour, 1/2 cup salt, 1/2 cup water, knead.

Food colouring or washable paint can be used to add colour.

- Tweezers - time yourself and see how quickly you can put: buttons, pasta or rolled up paper in ball (any small items) from one plate to another plate. Try and do a second time quicker.
- Tracing - use parchment or baking paper works just as well.
- Draw a picture and stick (with glue) around image some cereal (e.g. Cheerios – but other makes are available!)
- Fold a piece of A4 paper and cut out a rectangle on one side. Use blutac/cello tape to stick onto the table to make a goal. Flick pieces of paper rolled into ball to play football.
- Search on You Tube - cursive handwriting - how to write the alphabet with instructions.
- Lots of drawing and cutting the drawing out.

### FUNFIT gross motor skill activities

- ‘Superman’ pose (to maximum count of 10 seconds) – On a mat/soft surface, lie on tummy. Lift arms and legs off floor simultaneously, keeping arms bent and legs straight.
- Commando crawl between two points – Lie on tummy; move along keeping low to the ground using forearms and movement of legs. Could be made into a game by carrying pieces of a puzzle – each child puts one bit in place when they reach their destination.
- Hedgehog faces – Lie on a mat, bend knees. Place sticky label on one knee. Lift head and shoulders off mat towards knees. Hold position while drawing a face.
- Animal walks – Use music. Encourage children to suggest animals, but try to include a variety (e.g. crab, kangaroo, horse, and seal).
- Circle crab ball – Assume crab position and kick a soft ball to each other.

- Zig zag jumping (across marked line on the floor – not rope) – keep feet together, jump side to side across line, and forwards and backwards (side to side will be easier for younger children).
- Four-point balance – starting on all fours in crawling position, instruct children to lift different combinations of hands/legs off the floor e.g. left arm and right leg and then swap sides. Hold position for the count of 5.
- Walking heel-to-toe along a line – Encourage the child to try to keep on the line, with no gaps between heel and toe
- Play the game 'Twister' – commercially available game.
- Hand-clapping – 1 step pattern: clap hands to music or rhymes; slap own thighs (or knees, shoulders or elbows) 2 step patterns: clap hands then slap thighs; clap hands twice then slap hands twice. 3 step patterns: clap hands then slap thighs then slap floor