

Fine Motor Activities for Young Children



Self Talk - “Fine motor strength can allow your child to learn daily living skills such as getting dressed, feeding themselves, playing, writing and using technology. Trying achievable and fun activities daily is the best way to build your child’s fine motor strength.”

Fine Motor Fun

- Remember to say ‘great job’ when your child has done each activity and add a tick in the finished box

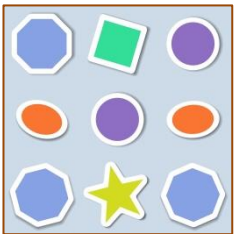
Activity

Done

Sort coloured duplo into single colours

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Peel 10 stickers and add them to a piece of paper

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Squeeze the water from a wet sponge

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Roll 3 snakes out of play dough

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Thread 5 beads onto a piece of string

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Peg 5 clothes pegs onto a piece of paper

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You’re all done. Great job.

