**Fine Motor Skill Ideas**

**Manipulation activities**

1.1 Manipulating playdough: rolling it into small balls, long rolls etc. ([Playdough Recipe](#))
1.2 Tearing paper into fine strips - use them for collage or crumple them into balls.
1.3 Screwing up whole pieces of newspaper in one hand at a time to develop strength.
1.4 Threading beads or macaroni onto string.
1.5 Lacing activities.
1.6 Cutting out with scissors, using the correct grip.
1.7 Manipulating clothes pegs to pick up small objects.
1.8 Performing fingerplays
1.9 Many [Preschool Crafts](#) such as scribbling, painting, modelling, collage etc. develop fine motor control.
1.10 Preschool sewing activities, such as threading string through holes in card.

2. **Sensory activities**

2.1 Finger painting or manipulating other liquids with the fingers and hands e.g. slushy mud, tomato sauce (ketchup) on a plate
2.2 Picking up small objects with the fingers, like pegboard pegs, rice grains etc.

3. **Activities to develop stability**

3.1 Wheelbarrow walking, crab walking, hanging on playground apparatus to develop strength of the upper body.
3.2 Working on a vertical surface such as a blackboard or easel which requires the wrist to be bent back is good for developing fine motor skills.