



Let's get messy
fine motor
activities

Suggestion
to help the
adult at
home.

- There will be elements to these tasks which require adult support or supervision.
- You may want to encourage these activities to be done outside or on a protective floor covering to prevent as much mess as possible.
- These activities may not be for all children due to the mess and the textures on the child's hand, encourage them where possible to get involved even if this is just touching something they wouldn't normally.



Play dough people

- **For this activity you will need:**

- Playdough (this can be shop brought if you have some at home or there is a link for a simple homemade playdough recipe)

<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

- Some accessories to customise your person, these may be pasta shells for arms, sequins for eyes ribbon for hair, anything you have at home that could be used to create a person.

Activity:

1. Encourage the children to mold the playdough into a person shape. This may be the whole person or just a face. Use phrases such as squeeze, pat, poke to encourage the child to manipulate the shape.
2. Once they are happy with the shape of their person encourage the child to choose from the assortment of objects. Ask the child to think what features their person will need such as eyes a nose, hair.

Fine motor
activity 2 -
Thursday

Puffy Painting



- You will need:
- Paint – this can be poster paint or if your children would prefer to be a little more creative there is a link for puffy paint which the children may enjoy working with.
<https://www.learning4kids.net/2012/10/16/how-to-make-puffy-paint/>
- Paper as much as you would like and as big as you would like
- Paintbrush

Activity:

1. Encourage the children to use their fingers to paint, they may want to make marks at first, then you could challenge them to draw a picture or write their name.
2. Once they have explored the paint with their hands challenge them to use a paintbrush to write their name or draw a picture. Remember to ensure they are using the correct pencil grip with their dominant hand when using the paintbrush

Fine motor activity 3 - Friday



Corn-flour gloop

- **You will need:**
- An old tray or box
- Corn-flour
- Water
- Spoon to mix
- Food colouring (optional)

Activity:

1. Encourage the children to help you make the gloop, their fine motor skills will be practiced with elements such as mixing.
2. Once you have the gloop the children can explore the textures.
3. Challenge the children to use their dominant hand to write their name or words they are working on in phonics.

Instructions to make gloop:

1. Pour 2 cups of corn flour into the container. (Add your food colouring too)
2. Next pour 1 cup of water into the container
3. Mix the mixture together it should be a resistant yet movable consistency.