

# FINE MOTOR ACTIVITIES AT PLAYGROUP

## 1. Playdough Play

Playdough play encourages children to roll, shape, and cut the dough, promoting hand-eye coordination and finger dexterity.



## 2. Threading and Beading

Threading and beading large beads or buttons with strings will enhance their hand-eye coordination and fine motor skills.



## 3. Puzzles

These type of games promote problem-solving skills, finger strength, and coordination.

## 4. Painting and Drawing

Painting and Drawing encourage children to experiment with different strokes, patterns, and colours, improving their grip and control.



## 5. Cutting and Tearing

Cutting and tearing paper and old newspapers.

## 6. Sorting and Transferring Objects

Using tongs or tweezers to transfer objects like buttons, pom-poms, or small blocks, will refine their fine motor control.



## 7. Water Play

Playing with water using cups, funnels, and squeeze bottles. So children can pour and transfer water, developing their hand strength and coordination.

## 8. Sensory Bins

Sensory Bins with materials like rice, beans, or kinetic sand and small toys or objects for children to search and scoop will enhance their fine motor skills and sensory exploration.

## 9. Finger Painting

Finger Painting will allow for tactile stimulation and help strengthen hand muscles.

It's also important to ensure the materials used are safe and age-appropriate for young children.

