

Fine Motor Activity Categories.

Hand Strength	Pincer	Pre-Writing Shapes	Pointing/isolating	In-hand manipulation
<p> Peg boards Hole punches Play doh/putty Elastic band activities Squeezing bottles or balls Wall drawing Brass rubbing Bubble wrap Construction toys Containers & packaging Fastenings: zips, Buttons, buckles, Poppers Jacobs ladder Lacing cards or templates Musical instruments Nuts & bolts Mr Potato head Russian dolls Rubiks cube Rubber stamping Spinning tops Stencils Stress balls Tiddly winks Tongs/tweezers Wind up mini toys </p>	<p> Pushing and pulling out pipe cleaners from a colander or tube Peg boards (clothes pegs) Pushing and pulling straws from hole punched toilet roll Tong/tweezer activities Threading Peeling tape/stickers Using pincer, pegs or tongs to pick up pompoms/cubes etc Playdoh with tees, straws or pipe cleaners Stacking duplo/lego Posting Bead board Water play with eye droppers </p>	<p> Multi- sensory activity sheet Write and wipe pouch Write from the start writing program </p>	<p> Finger puppets Finger games Dressing- buttons, shoe laces, zips Scissor cutting Bubble wrap-popping with different fingers </p>	<p> clothes pegs Construction toys containers & packaging fastenings: zips, buttons, buckles and poppers Finger football finger puppets keys Hole/thumb punch Jacob's ladder Modelling mediums e.g. playdough, putty etc nuts & bolts Musical instruments Playing cards & card games Russian doll Mr Potato head Rubiks cube stress balls Tap tap art Theraputty Threading Wind up Toys 3D blocks </p>