


Developing your child's fine and gross motor skills is really important! Gross motor skills are the ones we use for large movements like running, climbing and dancing and fine motor skills are the smaller movements we need for writing, drawing and making.

Let your child choose one or two activities to complete per day. If they love that activity there's no harm in doing it again and again!



Thread beads on to pipe cleaners to make bracelets and necklaces.





Play a clapping game.


Help your grown-up make bread. Knead the dough by squeezing and squashing it with your hands and fingers.



Use playdough to make a monster or an alien.




Thread ribbons in and out of the holes in a plastic mesh bag like those used to hold oranges.





Thread pasta on to a piece of string to make a necklace.

Chase and catch bubbles or balloons.




Balance on one leg for as long as you can. Then, balance on the other leg.




Grind some spices in a grinder or pestle and mortar.


Use scissors to cut pictures from magazines. Make a new collage picture with them.




Learn to tie your shoelaces or to tie a bow in a length of ribbon.



Make a 'tin can alley' with empty plastic cups, tin cans or cereal boxes. How many can you knock down by throwing a soft ball or ball of crumpled paper?



Use kitchen tongs to pick up different items. Which are easier or harder to pick up? Have a race to see who can move objects from one place to another the quickest.



Join paperclips together. How many can you add on?

