

# Fine Motor



## **Fine Motor (Top Left to Right)**

- Free the animals. Wrap plastic animals in tape or paper. Children can then use child scissors to cut them free.
- Coloured peg board. Cut out pieces of cardboard and colour areas to be matched with coloured pegs.
- Playdough, raw spaghetti and buttons. Children thread the buttons onto the spaghetti. Play dough recipe at the bottom of the document.
- Stickers and shapes. Draw different shapes on paper and ask children to use stickers to follow the outline of each shape. Talk about shape and ask the children to find something that is a similar shape around the house.
- Pom Pom bottle. You can also use cotton wool to push into an empty plastic bottle if you do not have any pom poms.
- Painting with cotton buds. Maybe use letters or numbers for children to trace?
- Pasta and straws. You could use wool or string to make a necklace or bracelet.
- Cotton wool and pegs. To be used as sorting activity or you could use as painting/mark making activity.
- Loom Bands and sensory balls. You could use a piece of fruit if you don't have a sensory ball.
- Straws and containers. Cut a hole in a container so children can post cut up straws into it.
- Pom Pom wisk. Use cotton wool balls if you don't have any pom poms.
- Straws and colanders. You can use pipe cleaners if you have them. Children push the straws/pipe cleaners through the holes in the colander. See if they can loop them round and make a pattern.
- Balance bridge. Plastic cups, popsicle sticks and small world animals. Make a bridge for the animals to walk across.
- Building with tongs. Use large salad tongs to pick up bricks and build towers with them.

# Mark Making



## **Mark Making**

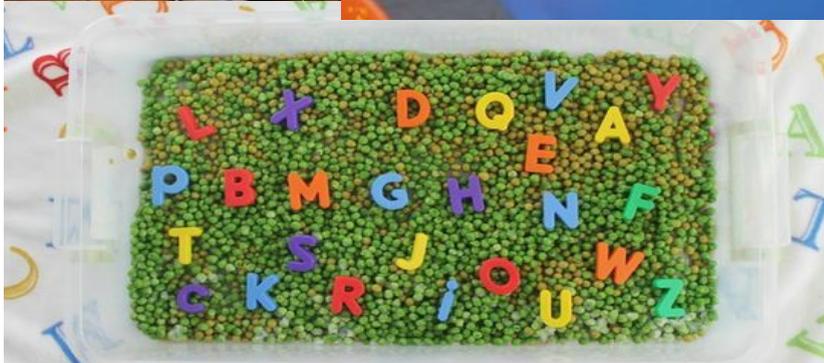
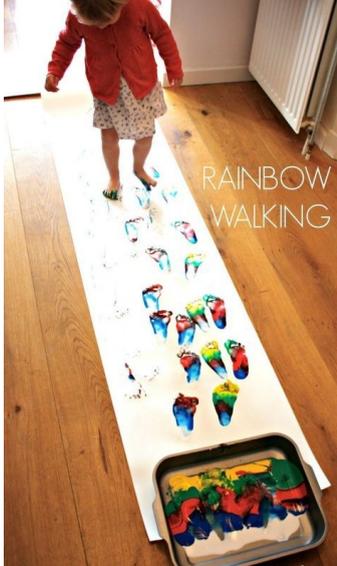
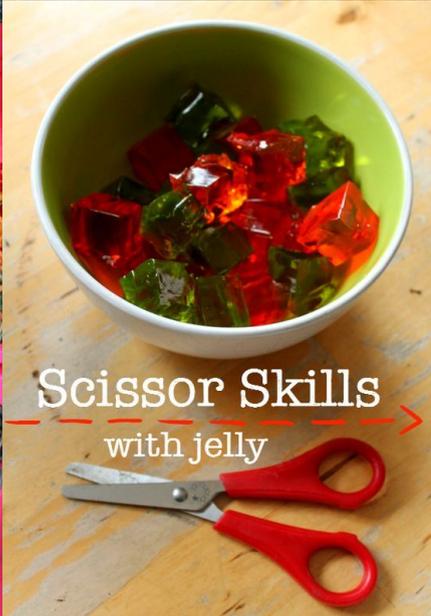
- Painting with trains or car wheels. Put large pieces of paper on the floor and allow children to run cars through the paint onto the paper. Can they make a track?
- Paint in a zip lock bag. Use cotton buds to make mess free marks!
- Painting with veggies. Cut them up to make different shapes.
- Rolling pin and bubble wrap. Use different textures taped to the rolling pin or roller to make different marks.
- Drawing on tin foil with felt tips.
- Mark making in flour. You could use a paint brush or your finger.
- Drawing cars. Tape pen to the back of a car or train to make marks as you drive around the paper.
- Dino feet in paint. Stomp the dinosaurs to make a pattern.
- Shaving foam mark making. Use paint or food colouring to create rainbow foam.
- Potato masher painting. Using old or unused kitchen utensils to paint with.
- Painting with water. Outdoor activity. No paint needed. Only water! Great whilst the sun is shining!
- Chalks on the floor. Outdoor activity to create marks on concrete. Washes off with water.



## **Water Play**

- Scrub the animals with toothbrushes.
- Marble run or building blocks in water. Can be used at bathtime!
- Troll or baby bath. Sponges, flannels, bubble bath, comb or brush. Children wash the babies for water role play.
- Dinosaur swamp. Outdoor messy play with water, grass, plants or mud.
- Ice cube painting. You could also make ice cube paint/chalk by mixing paint/chalk and water and freezing it for an outdoor painting activity.
- Raw rice and water. Sieves, pots, scoops.
- Tea set.
- Lego soup. Ladle, spoon, large bowl.
- Bubble bath and food colouring. Add pots, cups and scoops for capacity maths activity.
- Sponge sensory play. Add capacity containers for filling and emptying.
- Wash the animals. Use plastic small world animals.

# Messy Play



## **Messy Play**

- Gloop. Water and cornflour. Makes an “Oobleck” consistency. Use tools like wooden spoons and plastic spatulas.
- Cereal crush on the farm. Coco Pops for mud. Cornflakes for hay.
- Spaghetti play. Cook spaghetti and swill with cold water straight away to remove starch. You can add food colouring to create multi coloured spaghetti. Add child scissors for cutting practise.
- Cutting raw jelly. Could use this as a cooking activity. Cut up and make.
- Shaving foam and food colouring. Straws or spoons for mark making.
- Rainbow walking. Cover feet in paint and walk along paper on the floor. Outdoor activity?
- Toys in ice cubes. This picture shows pom poms but you could freeze small world animals or cars or building bricks (plastic). Give tools to help children get the toys out.
- Frozen peas. Add tools or letters.
- Playdough. Recipe for non cook homemade playdough below.
  - 8 tbsp plain flour
  - 2 tbsp table salt
  - 60ml warm water
  - food colouring
  - 1 tbsp vegetable oil

## **Method**

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.

For a longer lasting playdough with more elasticity, try adding cream of tartar in step 1 and cooking in a pan on low heat once everything has been added together.