

Below are some suggested ideas for you to try at home:



Tweezers



Pom Poms

Encourage your child to use the tweezers to pick up the pom poms and place them into piles of red, white, yellow or green.

This will strengthen their hand muscles and will improve their co-ordination.



Bean Bag



Ball

Bean bags and ball activities are a great way to develop children's gross motor skills. Try getting your child to balance the bean bag on their head while walking in a straight or zig zag line. Or try catching the ball /bean bag and throw them into a bucket/pot etc.



Play Dough

Play dough can help your child to develop their fine motor skills as well as giving them lots of sensory exploration, you can have hours of fun together!

Use scissors to snip it, use a roller/tin of beans to roll it out, roll a snake or ball between 2 hands, push pasta into the dough, hide 'treasure' in the dough, use cookie cutters to make shapes in the dough.

Using play dough is also a really calming activity, children can work their stress out through their hands by pulling squeezing the dough.



Colouring Pencils



Scissors

Get crafty... let your imagination flow and encourage your child to be creative. Make pictures and cards for family, cut, stick or paint together. All you need is some old newspapers to work on and some blank paper and let their imagination sparkle and shine!