



Mark Making and Hand Gym Activities

A range of activities to support the development of children's fine motor skills

Mark Making Activities

- Dip marbles into paint and then drop into a tin to roll around to make marks
- Use large paintbrushes dipped in water 'paint' the walls/fence outside, use decorating rollers for larger areas outside
- Tape large pieces of paper / card together and use a mop to paint with
- Driving the toy cars through paint and then driving them around on the paper
- Use sponge pan scourers to paint with
- Bubble wrap – paint the bubbly side and then lay a sheet of paper on top
- Use combs to make different patterns when painting
- Use feathers, toothbrushes, cotton buds and tea bags to paint with
- Button chasing – use pencils with tips placed inside the holds of large buttons and chase them around on paper
- Use chalk on dark sugar paper
- Leaf or coin rubbings or anything else interesting with a raised surface



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Hand Gym Activities

Flicker Football

Children to tear A4 paper into strips, scrunch each strip individually with one hand and then lying on their stomach, propped up on their forearms, flick paper across the room using finger in turn against thumb.

Cotton Wool

Pick up cotton wool with pegs or tweezers, using skill fingers only, (thumb, index and middle finger), and release them into a container.

Paper Clips and Card

Paper clips – pick up and rotate into position, (using one hand only), and fasten 2 pieces of paper together (using both hands).

Play Dough

Squeezing play dough in each hand and transfer between hands. Roll out play dough using both hands to make a sausage. Using both hands together, pinch along length of 'sausage' using thumb and index fingers only.

Beads Pick Up

Pick up 2 large beads, using dominant hand, one at a time and hold them within the hand. Encourage the child to move one of the beads to their skill fingers and then thread this onto stiffened lace/pipe cleaners. Repeat with the second hand. This can be upgraded by increasing the numbers of beads to a maximum of 4.



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Hand Gym Activities

- Moulding and rolling play dough into balls
- Popping bubble wrap and using a hold punch
- Using pegs or toothpicks to make designs in play dough
- Using a plant sprayer to spray range of objects
- Draw monster pictures with markers and the colours will run when sprayed
- Using small sized screwdrivers like those found in a building set
- Lacing and sewing activities such as stringing beads, Cherio's, macaroni etc
- Rolling small balls out of tissue paper, and then gluing the balls onto construction paper to form pictures or designs
- Cut play dough with scissors (helps cutting skills as well as fine motor)
- Trays filled with rice/lentils and plastic tweezers. The children transfer the grains to little containers
- Screwing and unscrewing lids on jars
- Hiding 'treasure' in little mounds of play dough
- Bending pipe cleaners into different shapes
- Finger puppets