



# Fine Motor Skills

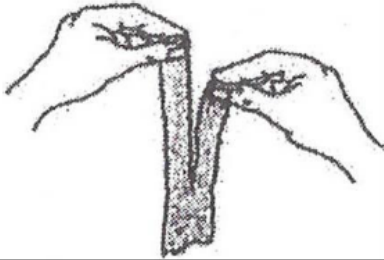


This pack contains lots of activities that can be used at home to help children improve their fine motor skills and their handwriting. There is a range of activities included aimed at improving a range of skills. You do not have to do every activity and can do them in any order.

Here are a range of activities which can help to improve our fine motor skills

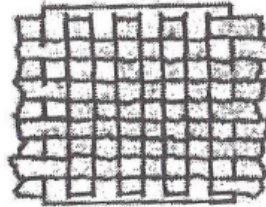
### **1** Paper Tearing

Tear strips of paper with both hands, using thumb, index and middle finger to hold paper



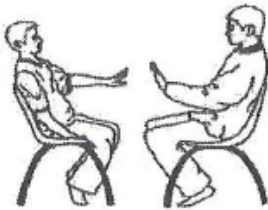
### **2** Paper Weaving

1. Fold a piece of paper in half
2. Cut strips in the paper but not all the way to the edge.
3. Using the paper you have just torn into strips weave them between the strips of the folded paper to make a mat.



### **3** Mirroring

Sit opposite a partner and mirror pattern of alternate hand movements. Increase to more complicated patterns, include patting partner's palms and crossing the body.



### **6** Tripod Pinch

Place putty sausage flat on the table and pinch the putty into small peaks using the thumb against the index and middle finger.



### **7** Manipulation

With the child's forearm resting on the table, take small pieces of putty and roll them into balls using only the tips of the fingers and thumb. Repeat with the other hand.

### **7** Paper Folding

Take a square piece of paper. Fold horizontally in half; open out then fold in half vertically. Open out and make a dot in the centre where the creases join.

Fold the corners to the centre to make a smaller square. Turn the square over and do the same again to make the square smaller again.

Fold in half horizontally then open out and fold in half vertically. Whilst still folded in half put thumb and index finger of each hand into each of the four flaps and open up and out to make a point

### **7** Creepy Crawlies

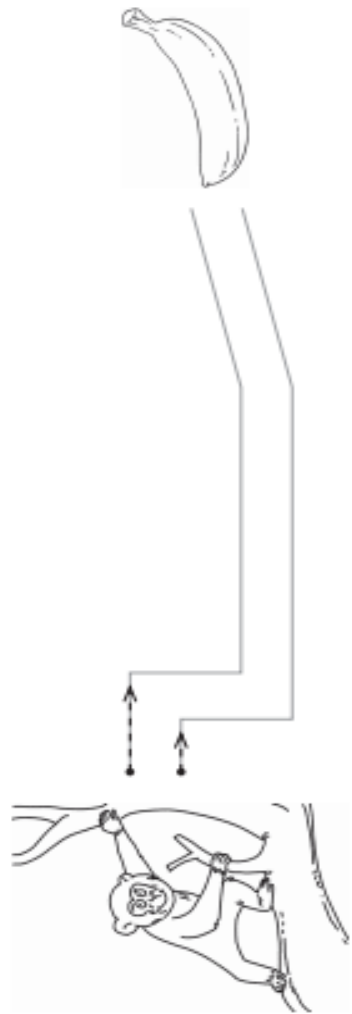
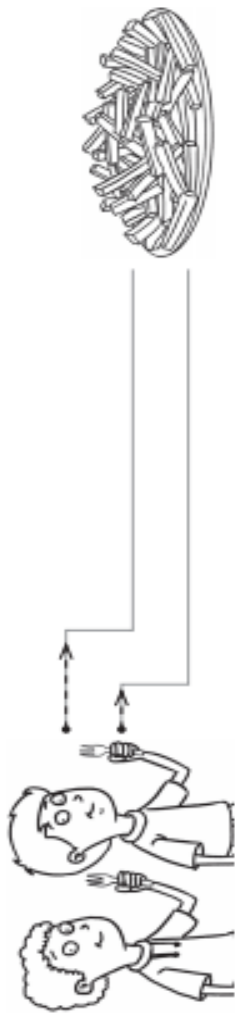
Place your hands on the desk. Now make your fingers wiggle like creepy crawlies! First to the front, then to the left, to the right, up above your head then relax.



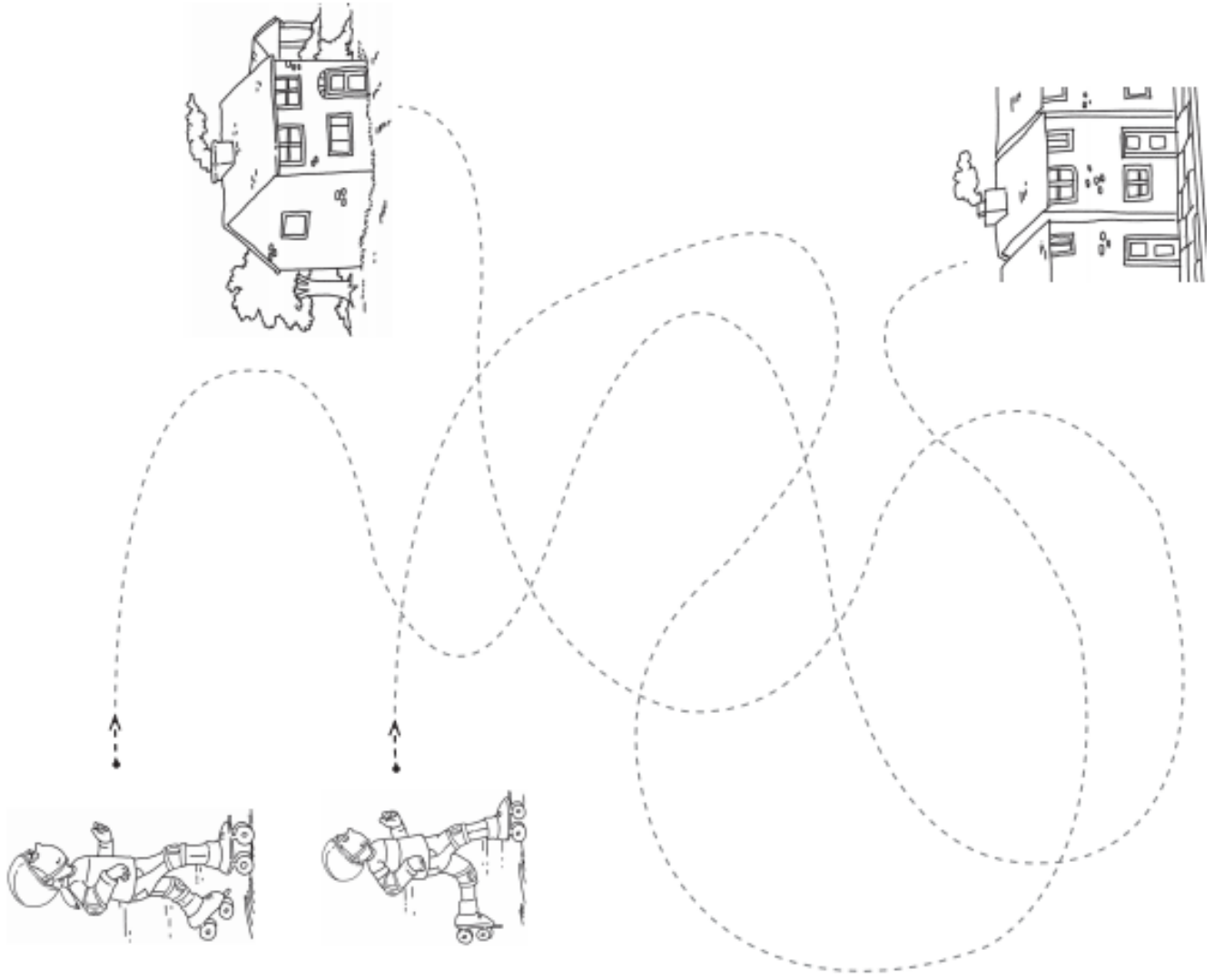
Other activities:

- Jigsaws
- Bead threading
- Drawing/colouring

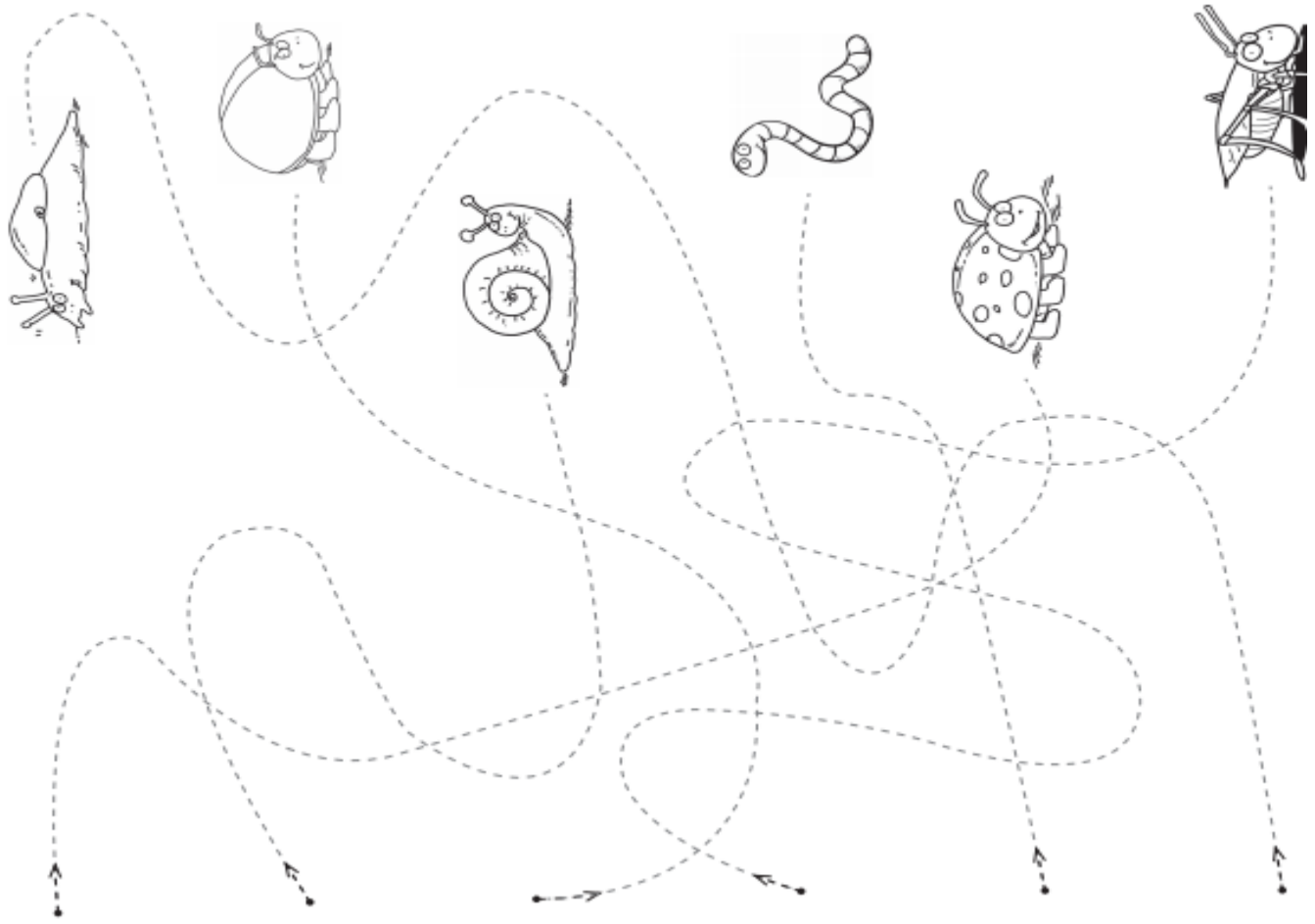
Trace the lines. Colour the pictures.



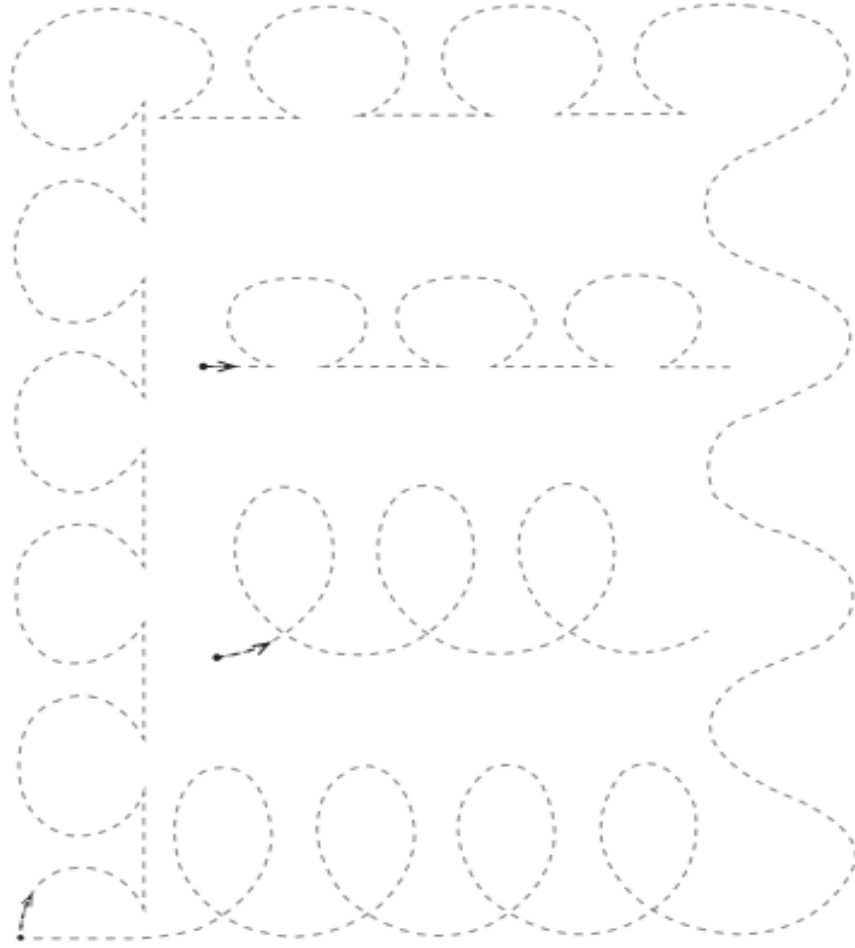
Trace the lines. Colour the pictures.



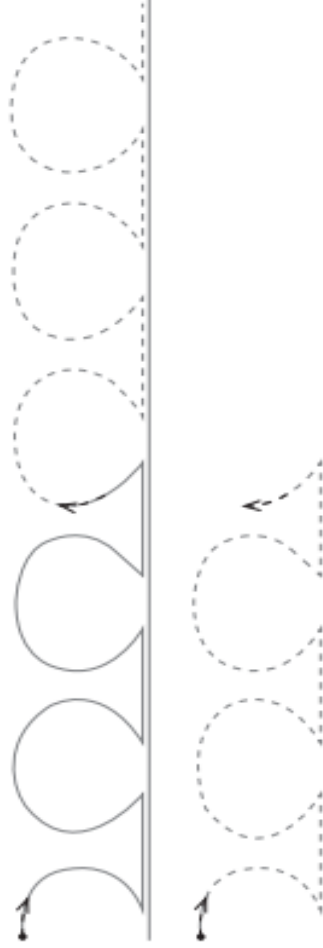
Trace the lines. Colour the pictures.



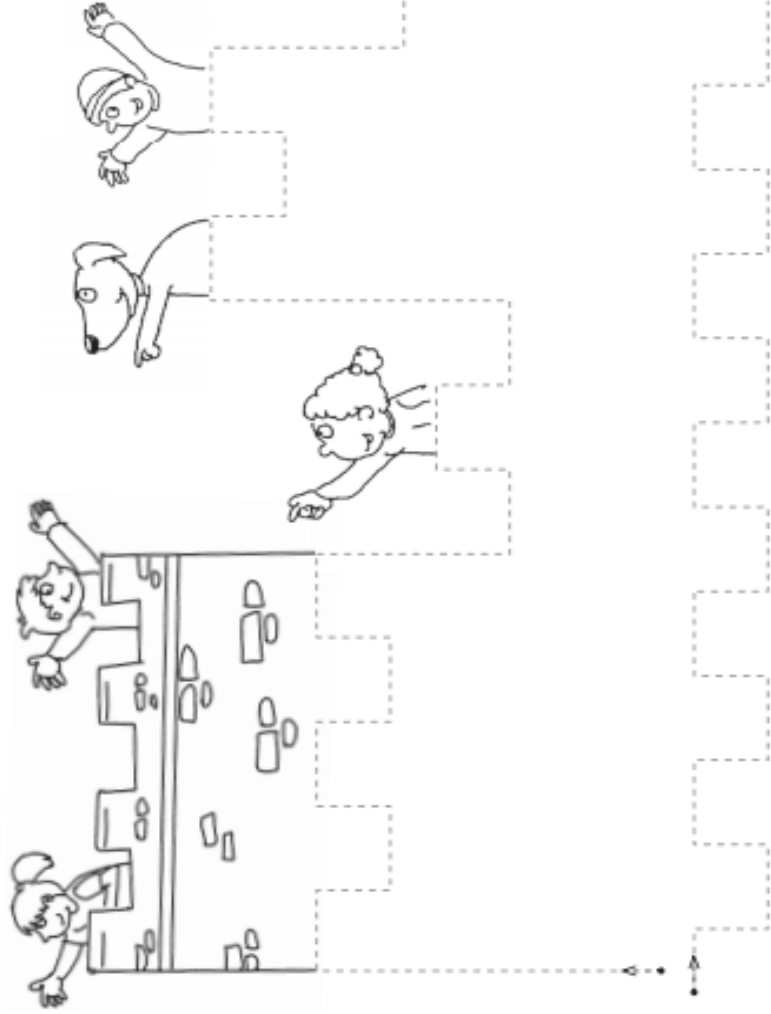
Trace the patterns.



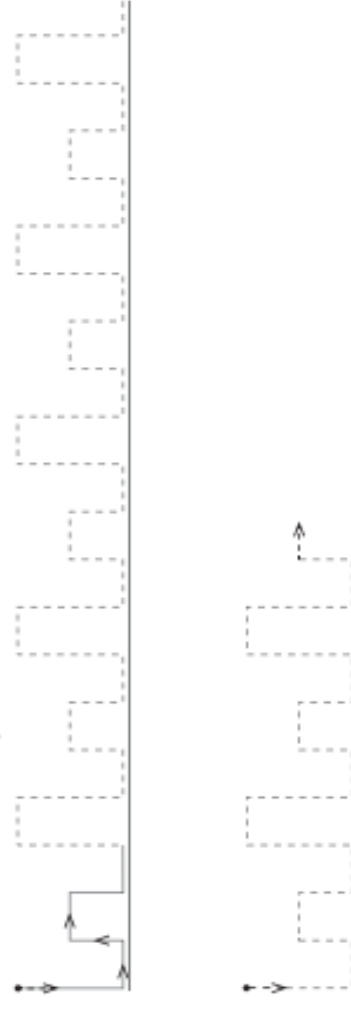
Trace and finish the pattern.



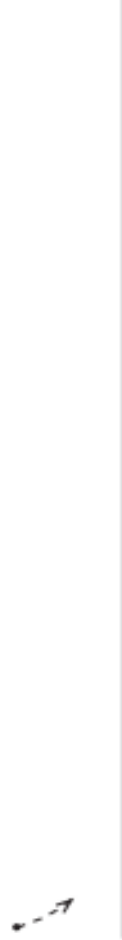
Trace the patterns. Colour the picture.



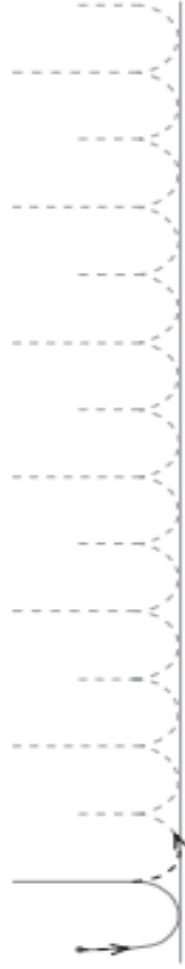
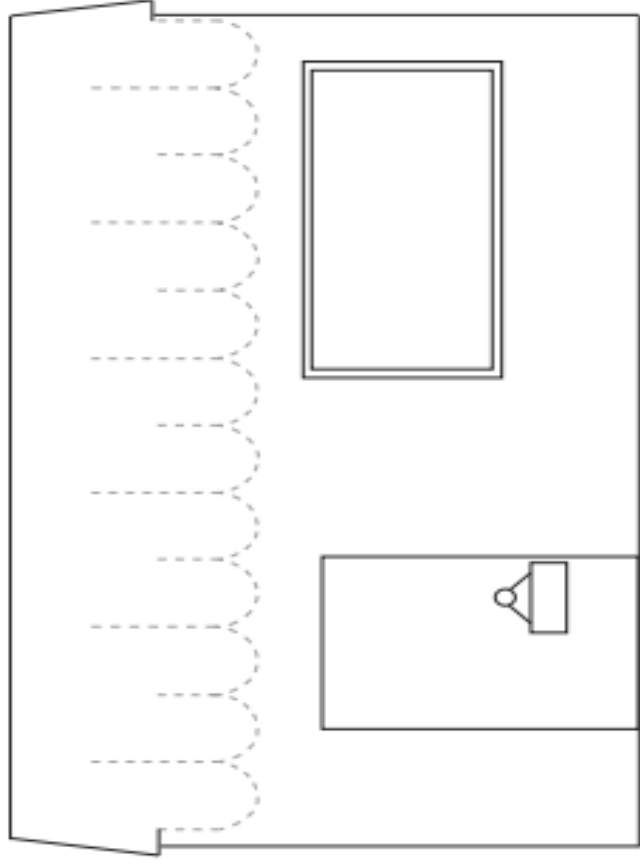
Trace and finish the pattern.

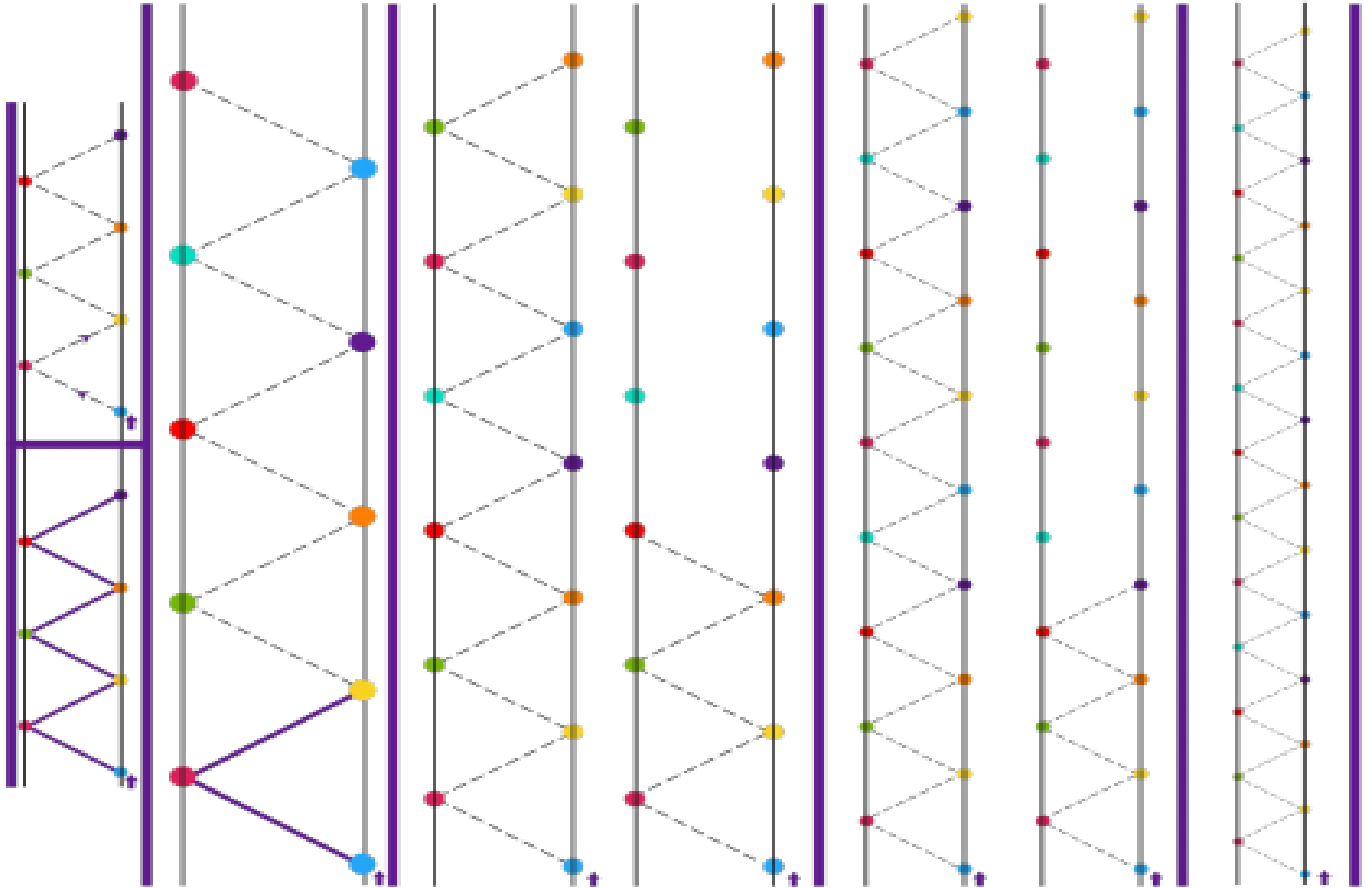
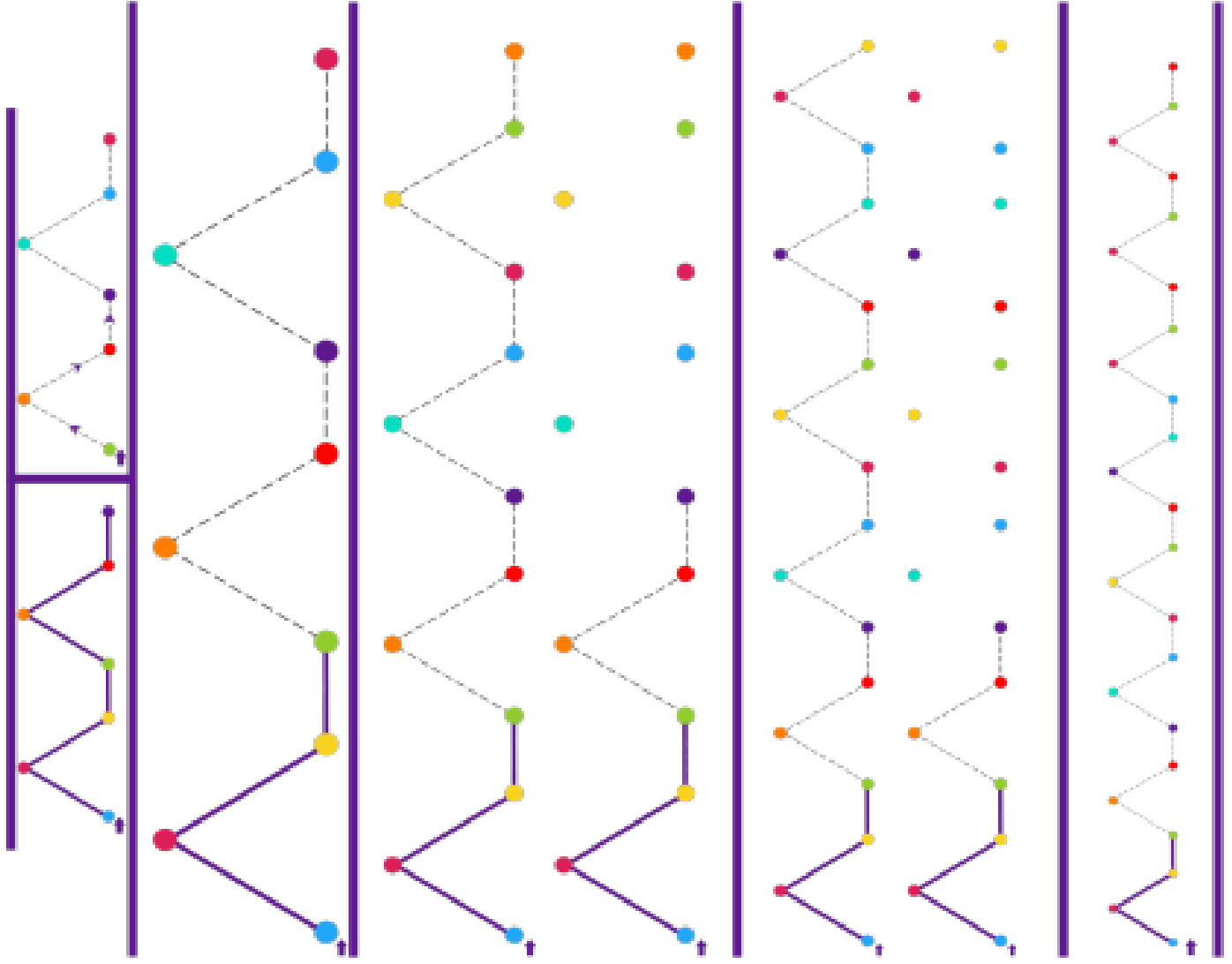


Trace and finish the patterns.  
Colour the pictures.

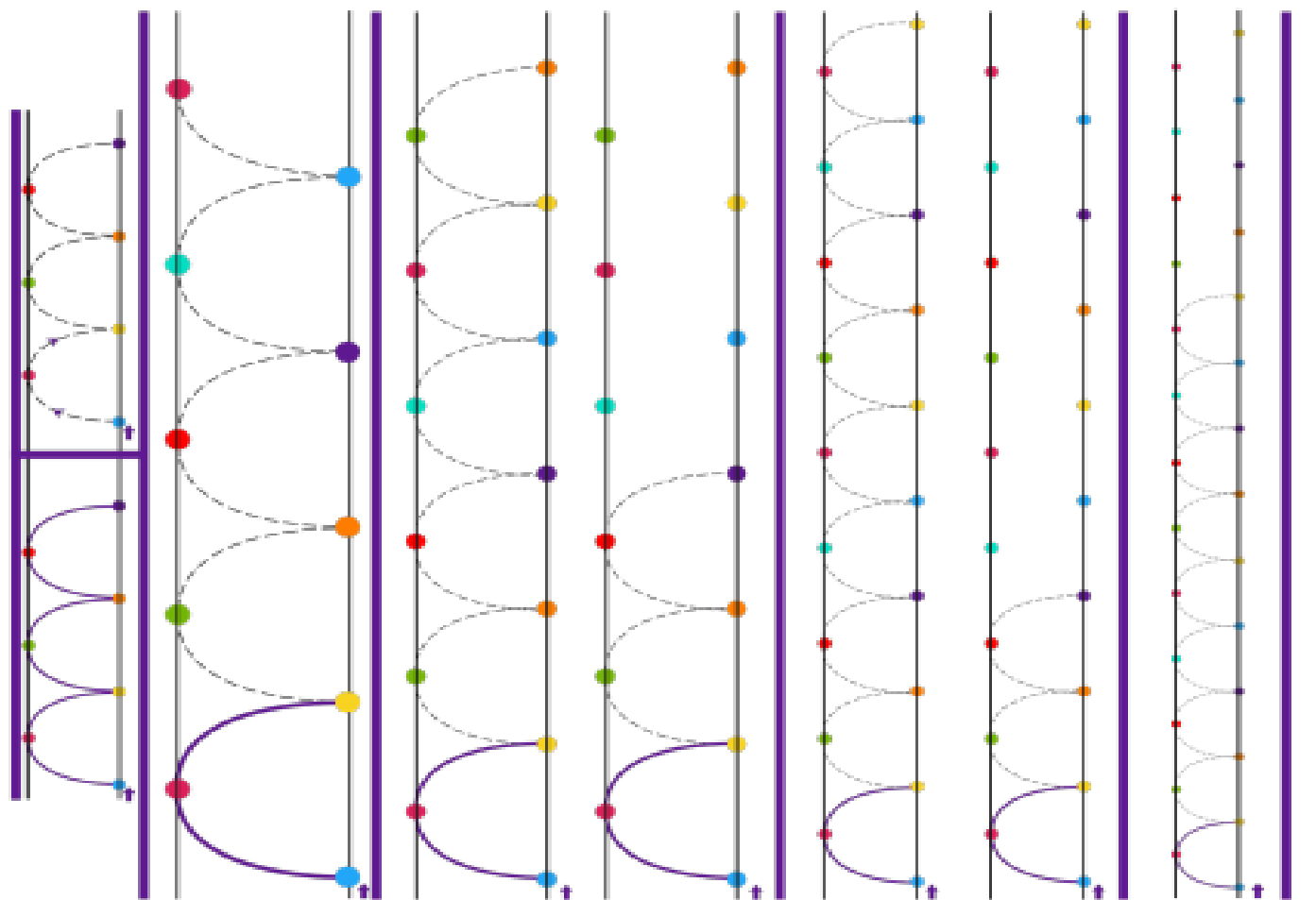
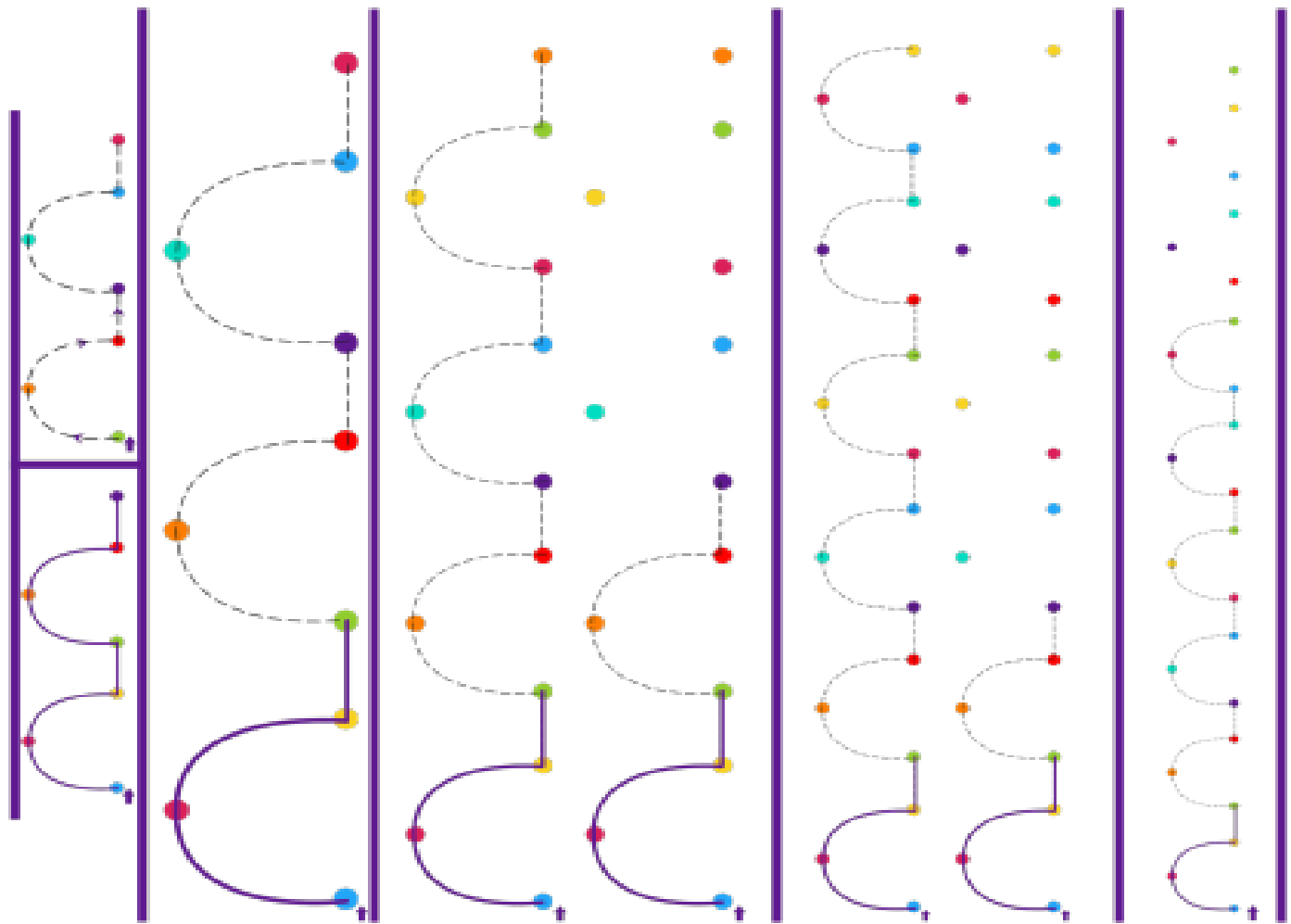


Trace and finish the patterns.  
Colour the picture.

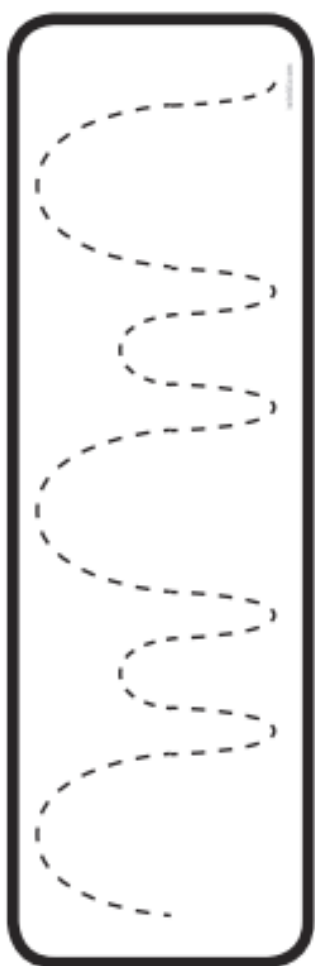
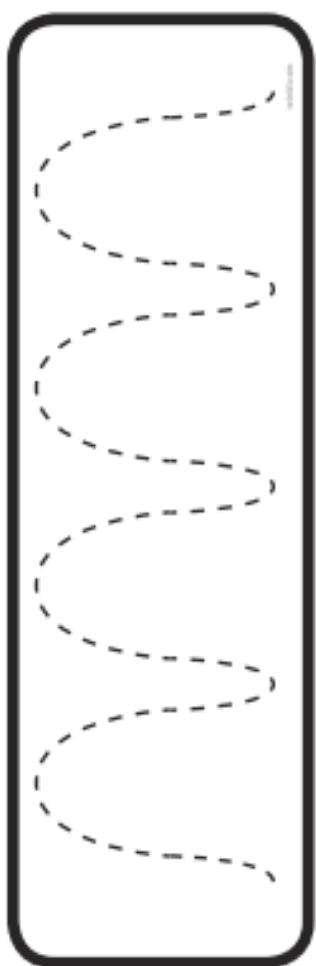
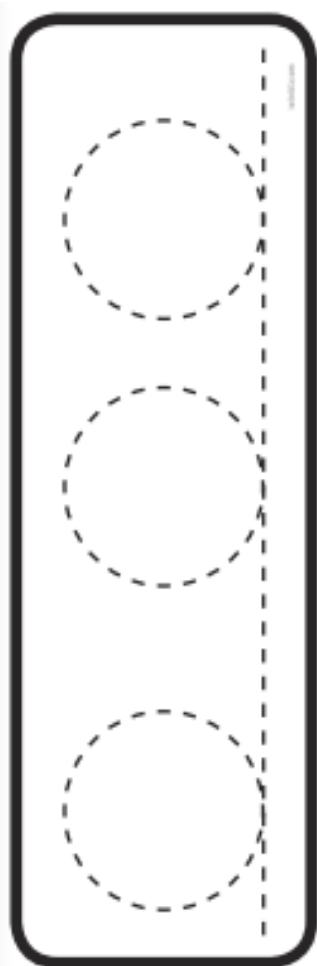
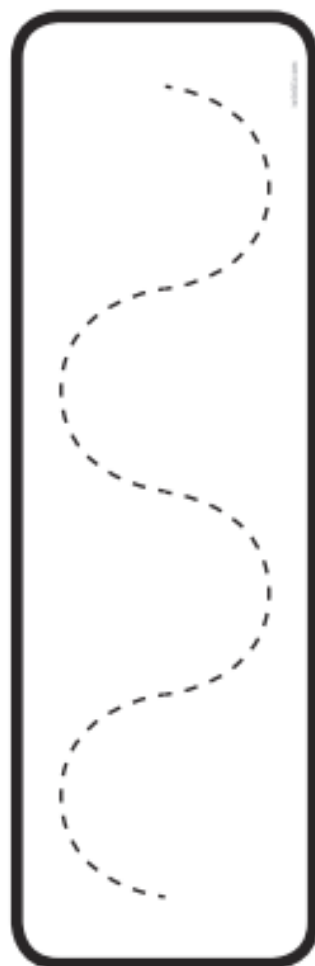
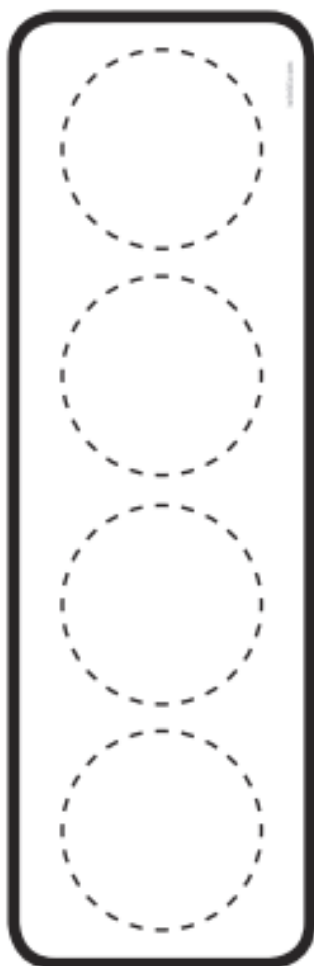
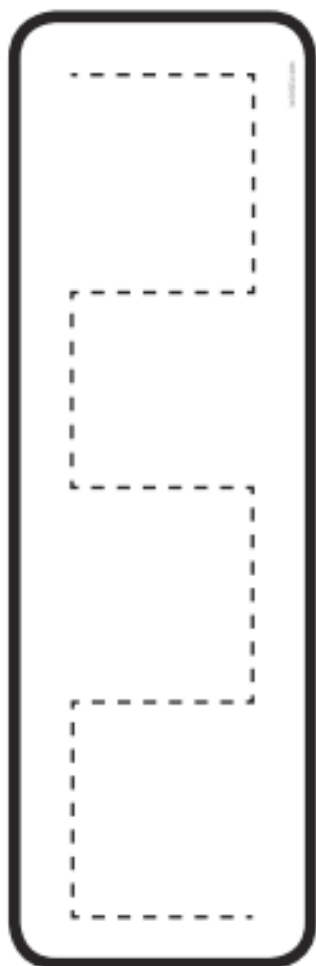
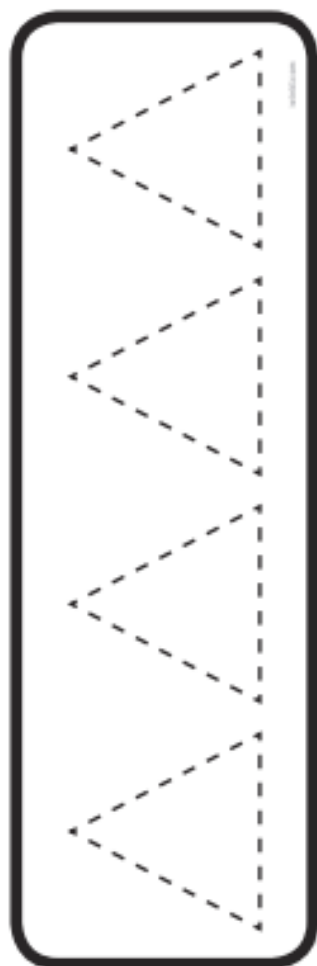




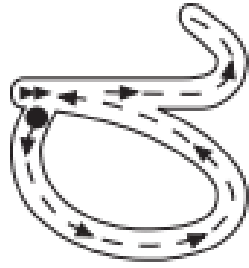








Extension



Trace and write the letters.

a a a a a



Extension



Trace and write the letters.

s s s s s



Finish the words. Colour the pictures.



ant



anchor

Finish the words. Colour the pictures.



sun



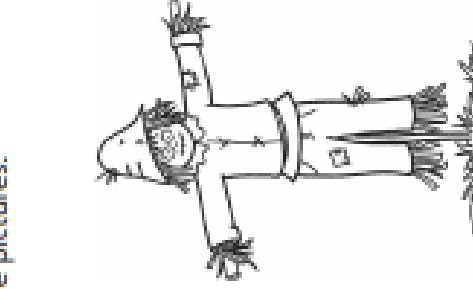
spider



apple



arrow



scarecrow



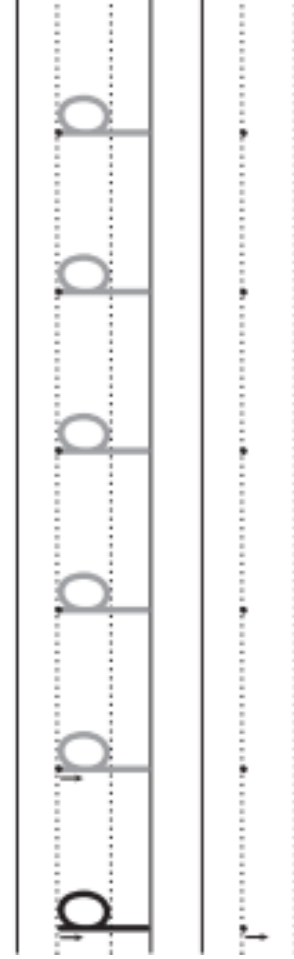
snail



Extension



Trace and write the letters.



Finish the words. Colour the pictures.



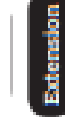
pirate



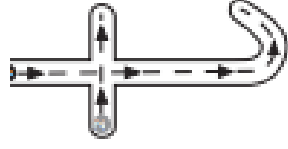
postman



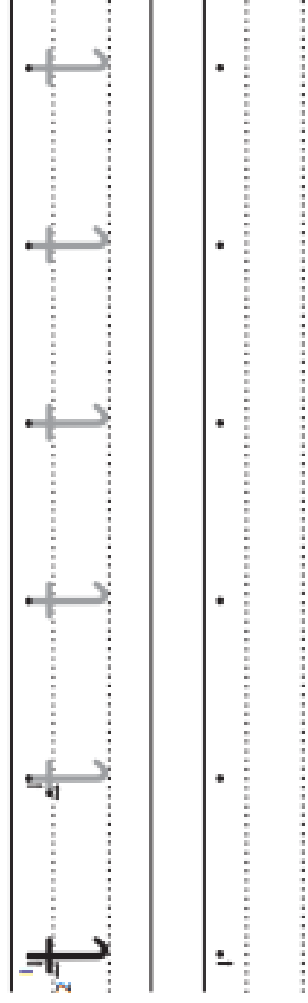
parrot



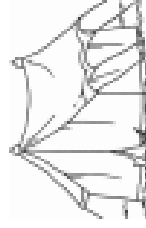
Extension



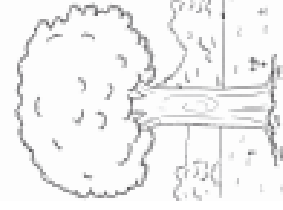
Trace and write the letters.



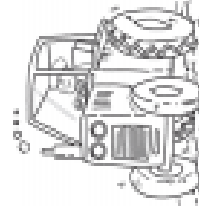
Finish the words. Colour the pictures.



tent

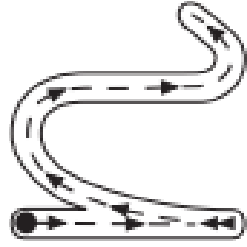


tree



tractor

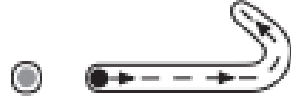
Extension



Trace and write the letters.

n n n n n

n n n n n

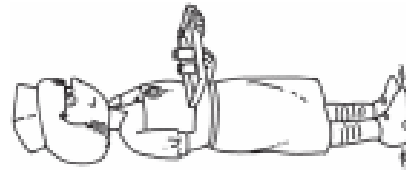


Trace and write the letters.

i i i i i

i i i i i

Finish the words. Colour the pictures.



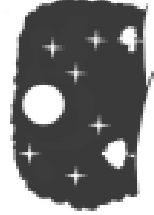
nurse



nest



nose

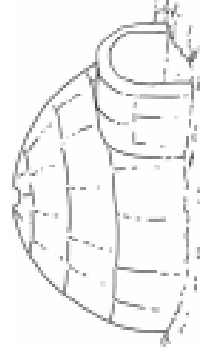


night

Finish the words. Colour the pictures.



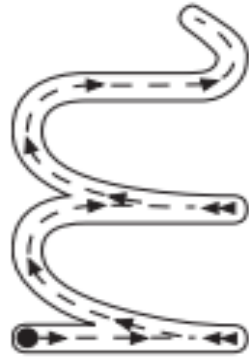
ice cream



igloo



insect



Trace and write the letters.

m m m m m



Finish the words. Colour the pictures.



monkey



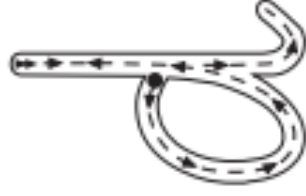
mice



mayor



map



Trace and write the letters.

d d d d d d



Finish the words. Colour the pictures.



drum



desk



dog



dragon



duck

Extension



Trace and write the letters.

g g g g g



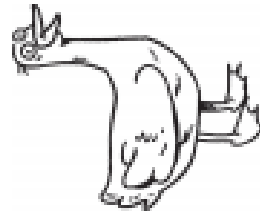
Finish the words. Colour the pictures.



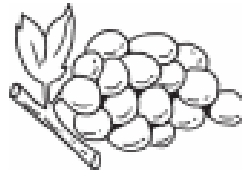
goat



gorilla

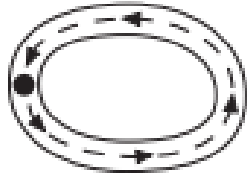


goose



grapes

Extension

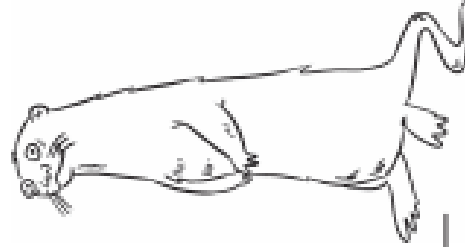


Trace and write the letters.

o o o o o o



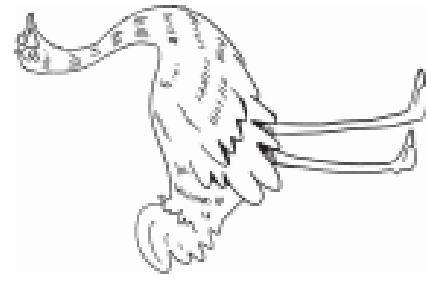
Finish the words. Colour the pictures.



otter



octopus



ostrich

Extension



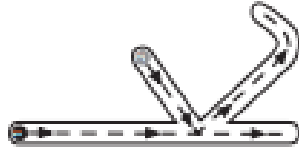
Trace and write the letters.

c c c c c

.....

.....

Extension



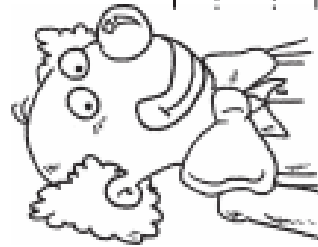
Trace and write the letters.

k k k k k

.....

.....

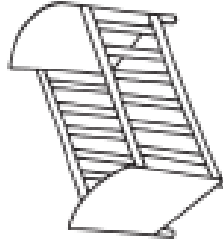
Finish the words. Colour the pictures.



clown

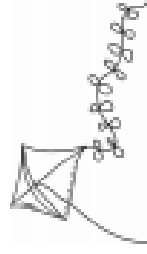


cup

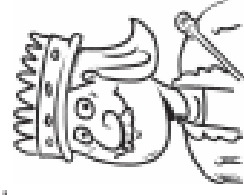


cot

Finish the words. Colour the pictures.



kite



king



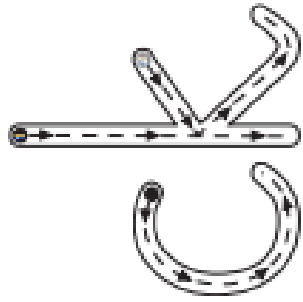
kitten



kangaroo



Extension



Trace and write the letters.

ck ck ck ck ck ck  
.....  
.....

Extension



Trace and write the letters.

e e e e e e  
.....  
.....

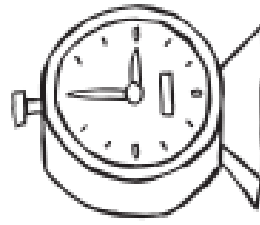
Finish the words. Colour the pictures.



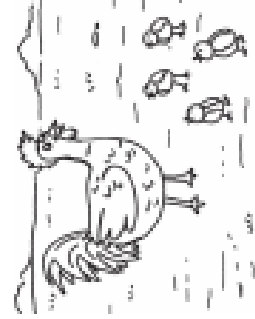
duck.....



brick.....

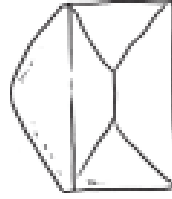


clock.....

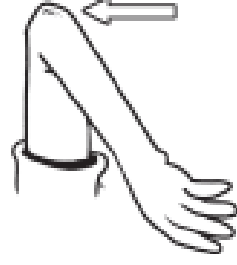


chicks.....

Finish the words. Colour the pictures.



envelope.....



elbow.....

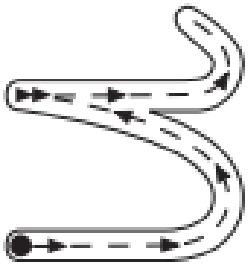


elephant.....



eggs.....

Extension



Trace and write the letters.

u u u u u u

.....  
.....

Extension



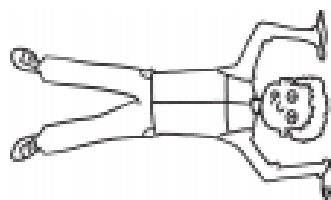
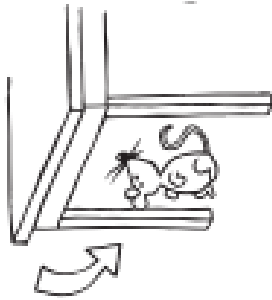
Trace and write the letters.

r r r r r r

.....  
.....

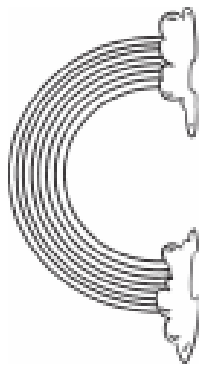
Finish the words. Colour the pictures.

under

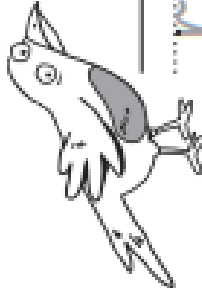


upside down

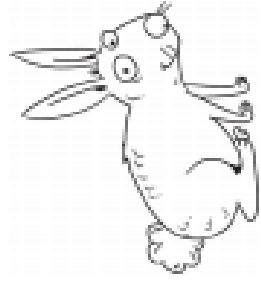
Finish the words. Colour the pictures.



rainbow



robin

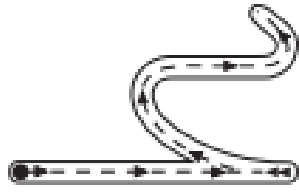


rabbit



rat

Extension



Trace and write the letters.

h h h h h h

Blank handwriting lines for practicing the letter 'h'.

Extension

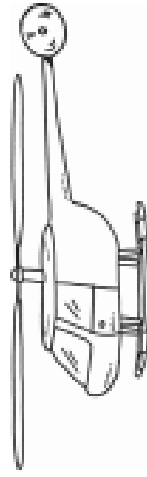


Trace and write the letters.

b b b b b b

Blank handwriting lines for practicing the letter 'b'.

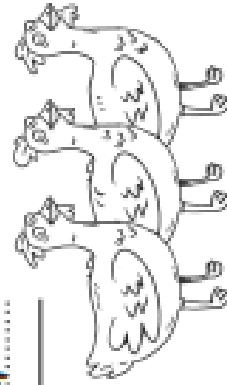
Finish the words. Colour the pictures.



helicopter



hat



hens

Finish the words. Colour the pictures.



butterfly



ball

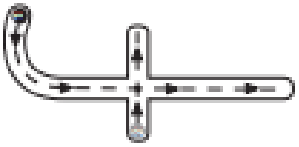


bus



baby

Extension



Trace and write the letters.

Tracing practice for the letter 'f'. The first row shows a solid 'f' followed by four dashed 'f's for tracing, each with a downward arrow on the vertical stem. Below this are two rows of blank handwriting lines (top solid, middle dashed, bottom solid) for independent practice.

Extension



Trace and write the letters.

Tracing practice for the letter 'l'. The first row shows a solid 'l' followed by four dashed 'l's for tracing, each with a downward arrow on the vertical stem. Below this are two rows of blank handwriting lines (top solid, middle dashed, bottom solid) for independent practice.

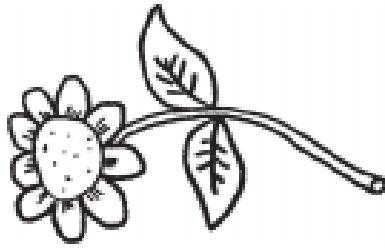
Finish the words. Colour the pictures.



fish



fox

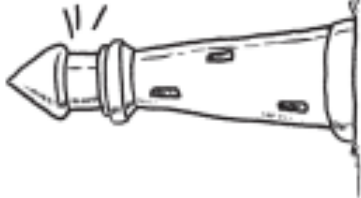


flower

Finish the words. Colour the pictures.



lick



leaf

lorry



lighthouse

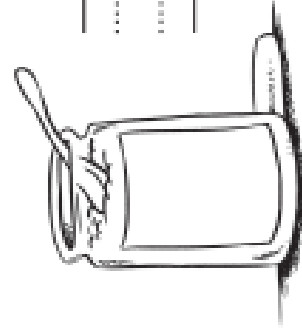
Extension



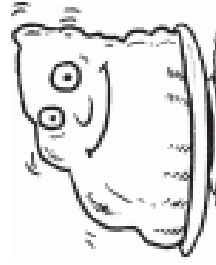
Trace and write the letters.



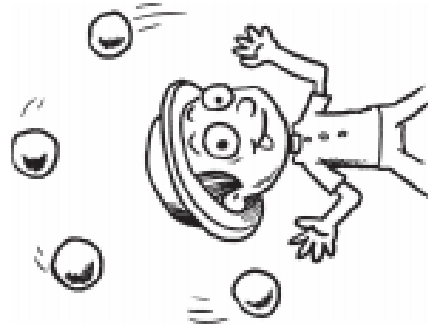
Finish the words. Colour the pictures.



jam

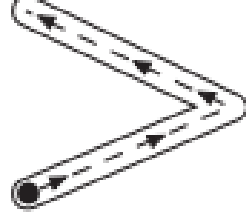


jelly



juggler

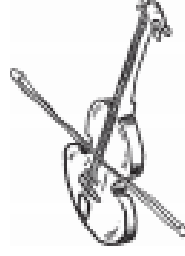
Extension



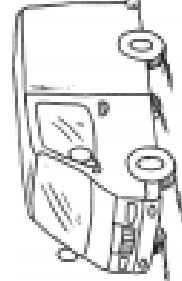
Trace and write the letters.



Finish the words. Colour the pictures.



violin



van

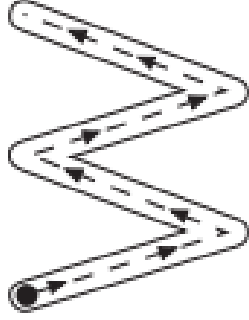


volcano



vegetables

Extension

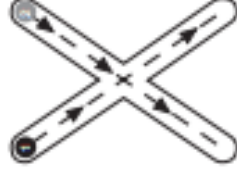


Trace and write the letters.

W W W W W W W W

.....  
.....

Extension

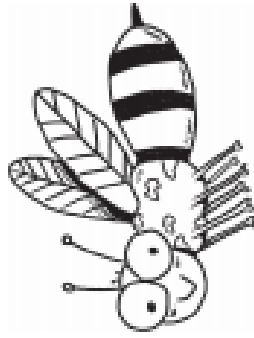


Trace and write the letters.

X X X X X X X X

.....  
.....

Finish the words. Colour the pictures.



.....  
wasp

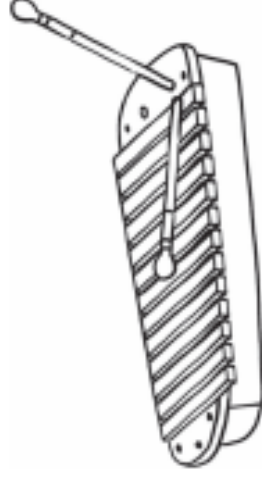


.....  
watch

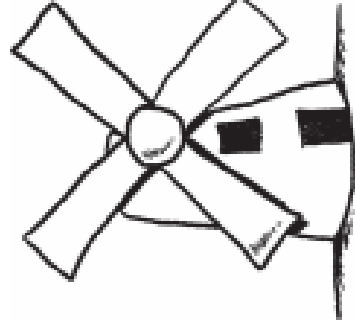
Finish the words. Colour the pictures.



.....  
X-ray



.....  
xylophone



.....  
windmill

Extension

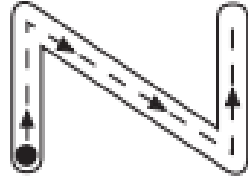


Trace and write the letters.

y y y y y y y

.....  
.....

Extension



Trace and write the letters.

Z Z Z Z Z Z Z

.....  
.....

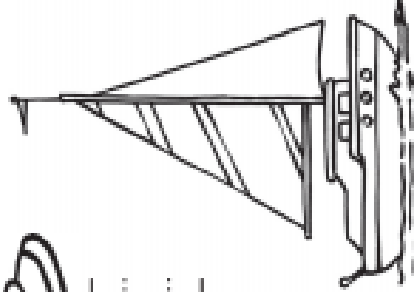
Finish the words. Colour the pictures.



yawn

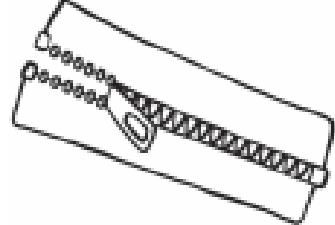


yolk

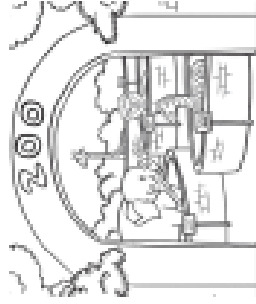


yacht

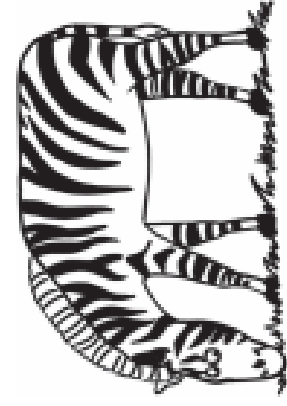
Finish the words. Colour the pictures.



zip



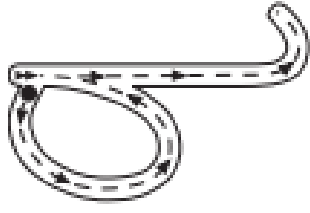
zoo



zebra



Extension



Trace and write the letters.

q q q q q q

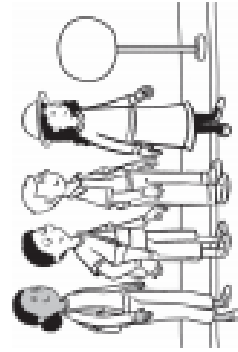
.....

.....

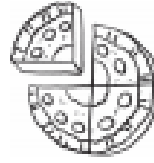
Finish the words. Colour the pictures.



quilt



queue



quarter

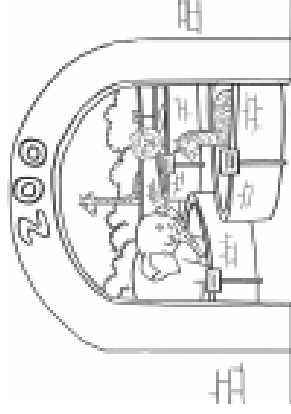


queen

Trace the words. Colour the pictures.



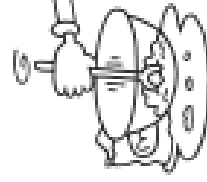
egg



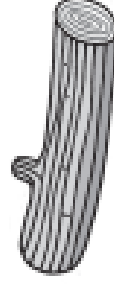
zoo



yap



mix



log



fox

the

that

not

took

put

and

with

then

don't

could

a

all

were

come

house

to

we

go

will

old

said

can

little

into

too

in

are

as

back

by

he

up

no

from

day

I

had

mum

children

made

of

my

one

him

time

it

her

them

Mr

I'm

was

what

do

get

if

you

there

me

just

help

they

out

down

now

Mrs

on

this

dad

came

called

she

have

bug

oh

here

is

went

when

about

off

for

his

be

some

it's

looked

got

people

asked

make

at

but

like

so

see

very

their

your

saw

an