

Fine Motor Skills Activities.

Putting beads in theraputty and picking them out. This can be incorporated into IEP targets, i.e. matching, numeracy (putting two beads in one cup, four in another etc).

Putting a ring of theraputty on two fingers and having to stretch it apart to improve finger strength.

Finger painting.

Bubble wrap.

Encourage opening of packets, cartons, jars etc.

Boxes of short stubby old crayons that you have to search and pick out.

Threading beads on pipe cleaners.

Pegging up washing or any games using pegs. i.e. matching.

Popping bubbles.

Jigsaws.

Elastic band matching games.

Using big plastic tweezers to pick up items.

Using Stamps.

Stickers, peeling them off and then sticking down..

Simple Weaving.

Buckaroo and games with counters you have to move.

i-pad games that promote finger isolation & pincer actions.

Creating a small tray filled with rice and putting small cereal snacks (i.e. cocopops, cheerios (may find this harder due to similar colour) etc).

Dry number spaghetti to fill the number board.

All of the above activities suggested should only be offered as long as pupils finds them enjoyable, fun and meaningful.

