Activities to develop fine motor skills

* Threading
* Lacing cards/lacing shoes.
* Joining construction materials together (Lego is actually quite tricky)
* Painting with paint/water (with fine paint brushes)
* Tracing cards
* Peg boards
* Playdough – get children to use rolling pins and hands to roll the dough into different shapes. Cutting playdough with scissors is very satisfying.
* Cutting with scissors.
* Popping bubble wrap.
* Pegging things – pegging things onto a washing line, on a piece of card.
* Using a hole punch.
* Using a stapler.
* Joining paper clips together – and separating them.
* Buttoning – doing up and undoing buttons.
* Sewing.
* Balancing marbles on golf tees (stick the golf tees in playdough).
* Colouring – mindfulness colouring is great for fine motor development.
* Using tweezers to pick things up.

There are loads more on the internet.