

Hand strengthening & fine motor co-ordination activities

Threading - macaroni, beads etc

Wrapping - an object with paper, cellotape and string

Pipe cleaner construction

Modelling - clay, play dough

Paper tearing

Card games - snap, sorting cards

Tweezers - pick up rice - small objects etc

Nuts and bolts

Constructions - lego, duplo

Doodling on paper

Drawing/scribbling activities

Action games - Incy Wincy spider

Clothes pegs on a plate

Spin coins

Ball rolling

Marble rolling

Mazes

Sewing

Stencil - spirograph

Craft activities - using a hole punch, folding paper etc

Using trigger spray bottles - dry painting