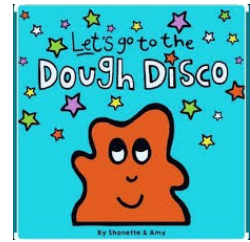


Fine motor ideas to support building hand strength and dexterity

Playdough– can your child roll, squash, pinch, snip and squeeze their playdough? You could take a look at [Dough Disco](#) for some moves!



Using pegs– Have some pictures on card with numerals to 10 written in the middle (we've had dinosaurs and hedgehogs in school) can your child peg the matching number of pegs to the card cut out?

Threading– Find an old shoelace and thread some beads, pasta or any other object with a small hole.



Construction sets– Using construction sets which contain smaller pieces such as Lego or K'Nex.

Tearing- Tearing paper into small pieces to make a collage.



Scissors– Even making snips into some scrap paper, or following a line.