

Fine Motor Skills Activity Cards



Fine Motor Skills

Use dominoes to make a long wavy line.

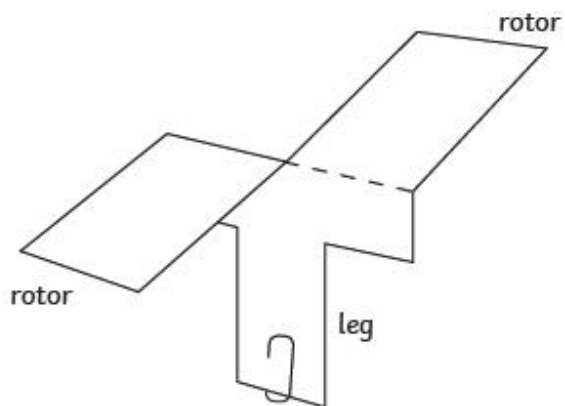
Then knock the first one to see if they all fall down!



Fine Motor Skills

Make a paper helicopter using the template provided.

Time how quickly it falls. What else could you investigate?



Fine Motor Skills

Make a fortune teller using the template provided.

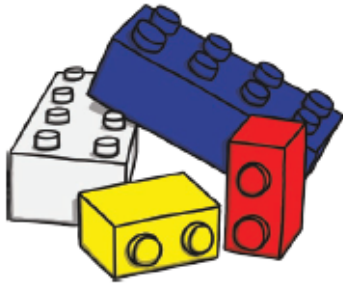
Write some funny fortunes!



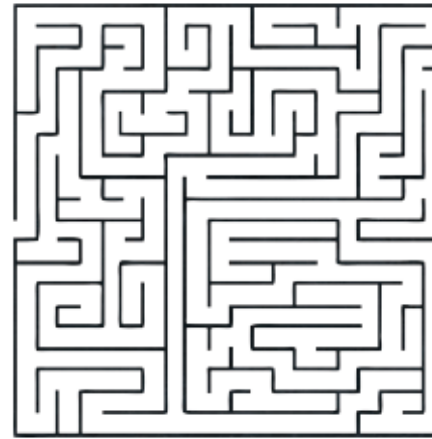
Fine Motor Skills

Use building bricks to make a pyramid.

How tall can you make it? How many brick will you need to make it a layer higher?



Fine Motor Skills



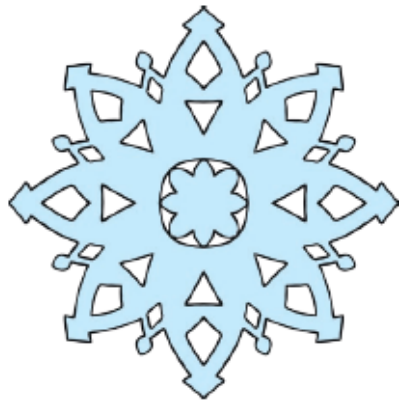
Draw a picture of a maze. Then use a magnet on the back of your picture to move a metal counter or paperclip along the maze.

Can you keep to the paths you drew?

Fine Motor Skills

Make paper snowflakes by folding and cutting paper.

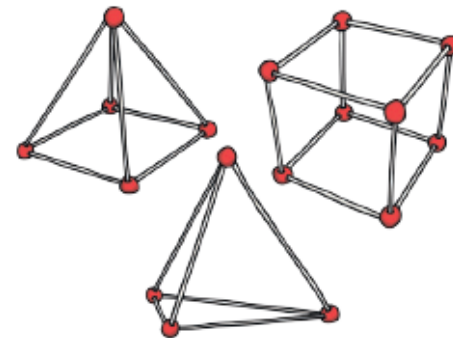
How small can you make your snowflake?



Fine Motor Skills

Use toothpicks and sticky tac or playdough to make as many 3D shapes as you can.

How many shapes did you make?



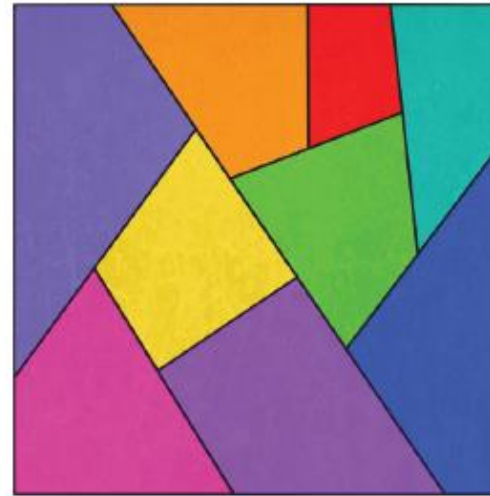
Fine Motor Skills

How many times can you tie and untie your shoelaces in 1 minute?



Fine Motor Skills

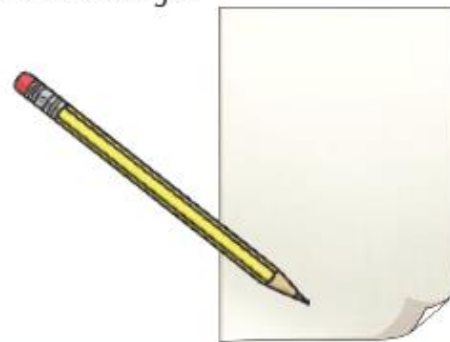
How many different right-angled triangles can you make using tangram pieces?



Fine Motor Skills

Find a picture you'd like to trace. Stick the picture to a window or glass door. Then using plain white paper over it, trace as neatly as you can.

The brighter the day, the clearer the image!

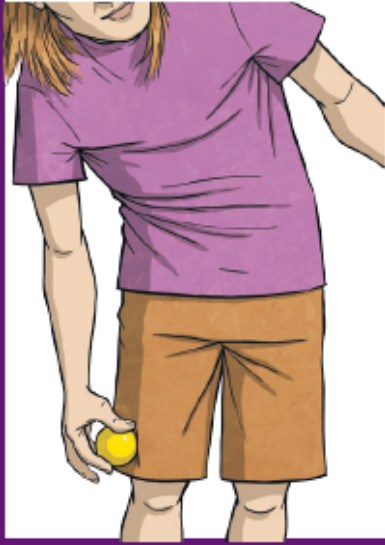


Fine Motor Skills

Roll a ball of playdough. Push in golf tees. See how many marbles you can balance.



Fine Motor Skills



Use your fingers to “walk” a tennis ball up one leg, across your tummy and down the other leg. How many times can you do this in one minute?

Fine Motor Skills

Colour one of the mandalas provided with pencils or fine tipped pens. How much detail can you add?



Fine Motor Skills

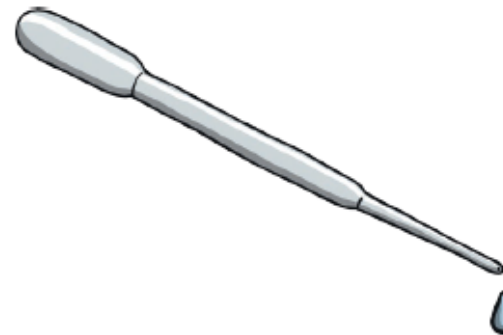
Play noughts and crosses with a friend. But for this game you are only allowed to have four of your symbols on the 4x4 grid at any one time. If you already have four, you must erase one before taking your next go! Try to get four in a row.

So, before x can take their next go, they must carefully erase an 'x' on the grid.

		x	x
		x	
o	o	o	x
		o	

Fine Motor Skills

Use pipets to drip coloured water or paint into a cup of water. How many different colours can you make? How many drops of each colour did you use?



Monday:

Choose two or three of the 'Fine Motor Skills' Exercises from the pages above and spend 10 minutes practising them.

Using the recipe sheet below, in your best handwriting, copy out the recipe to create your own recipe card.

Ingredients



350g plain flour

100g softened butter

5 teaspoons ground ginger

1 teaspoon ground cinnamon

175g light brown sugar

4 tablespoons golden syrup

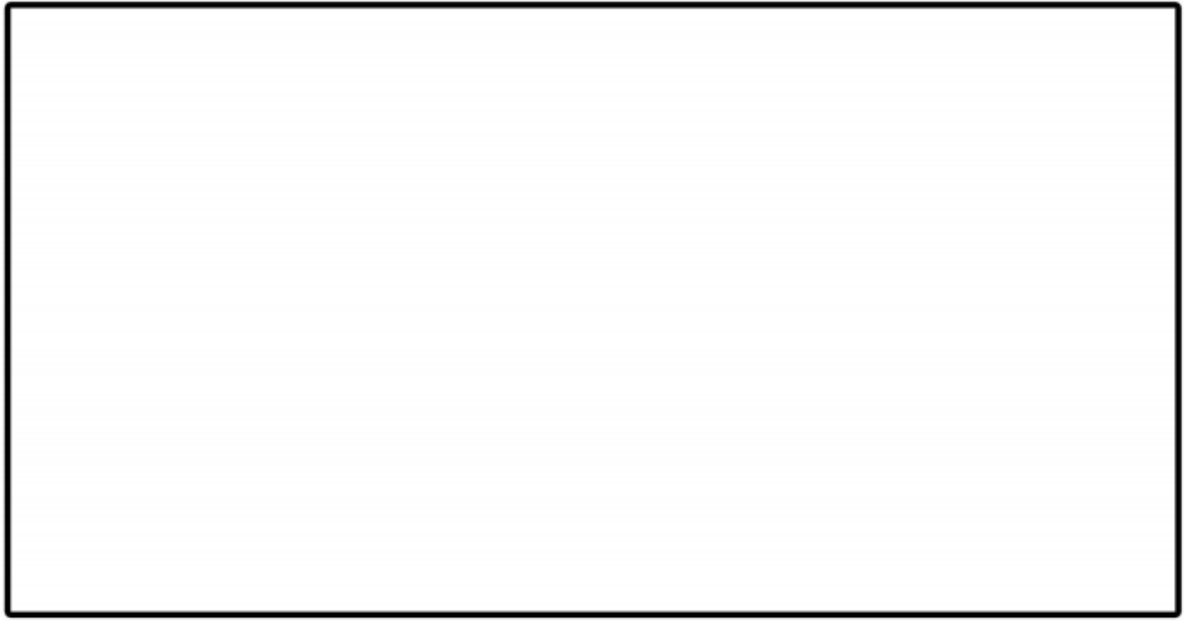
1 egg

Currants and/or icing to decorate



Method

1. Preheat the oven to 180°C.
2. Put the flour, butter, ginger and cinnamon in a bowl and mix together.
3. Add the sugar, golden syrup and egg. Stir until it forms a soft dough.
4. Roll out the dough to about 5mm thick.
5. Use gingerbread man cutters to cut out the shapes.
6. Place the gingerbread men onto a greased baking tray.
7. Bake for around 15 minutes, until golden.
8. Decorate with currants and/or icing.



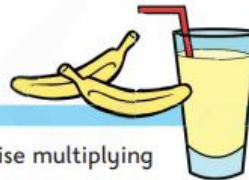
Tuesday:

Choose two or three of the 'Fine Motor Skills' Exercises from the pages above and spend 10 minutes practising them.

Using the recipe sheet below, in your best handwriting, copy out the recipe to create your own recipe card.



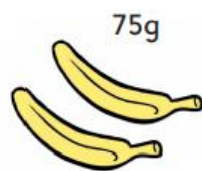
Banana Milkshake



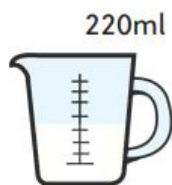
Make a banana milkshake for you and your friends and practise multiplying 2- and 3-digit numbers. Ask an adult to help you.

For 1 person you will need:

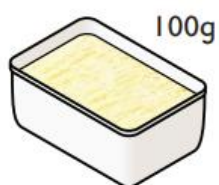
Ingredients



peeled banana



milk



vanilla ice-cream



sugar or honey

1. Decide how many people you are going to make milkshake for. Multiply the quantity for each ingredient by the number of people.

2. Measure out each ingredient.



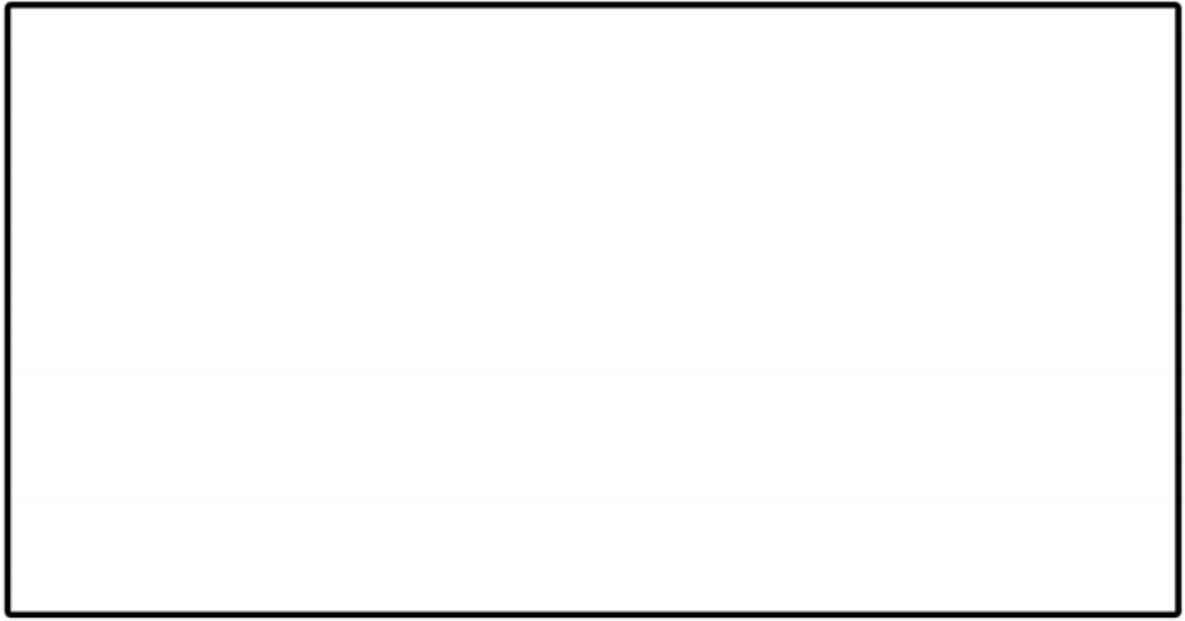
3. With an adult's help, slice the banana.

4. With an adult's help, mix all the ingredients together with an electric blender.



5. Pour into glasses and enjoy!





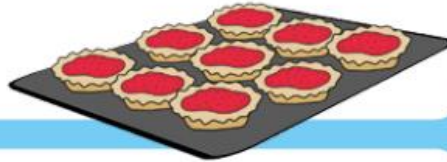
Wednesday:

Choose two or three of the 'Fine Motor Skills' Exercises from the pages above and spend 10 minutes practising them.

Using the recipe sheet below, in your best handwriting, copy out the recipe to create your own recipe card.



Jam Tarts



Use this recipe to practise measuring.
Ask an adult to help you.

Makes 12 Jam Tarts.

1. Measure out:



110 g

plain flour



1 cup

jam



$\frac{1}{4}$ cup

water



55 g

cooking margarine
(softened)

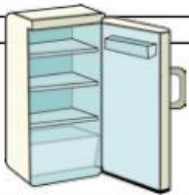


55 g

vegetable fat / lard
(softened)

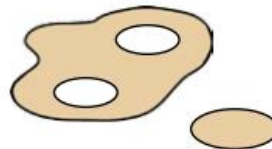


Mix in a bowl to
make a dough.



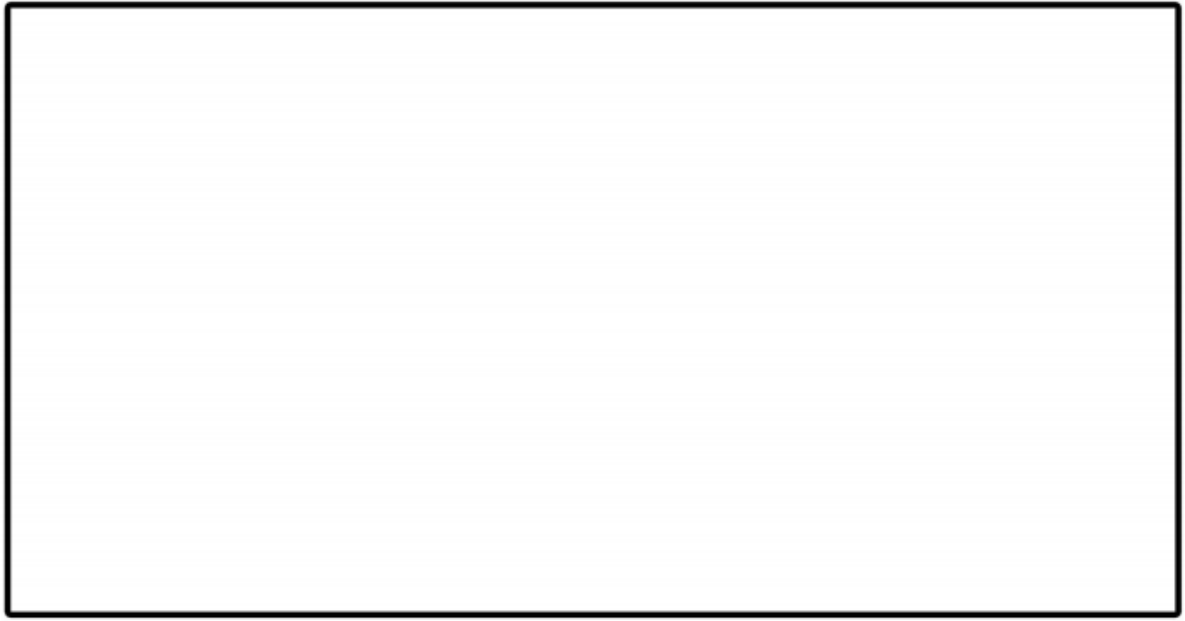
2. Wrap in cling film. Put in the fridge for 30 minutes.

3. Roll the pastry very flat. Cut out circles.



4. Lay the circles in a muffin tin. Spoon in the jam. Ask an adult to bake them at 180°C for 20 minutes until lightly golden brown.





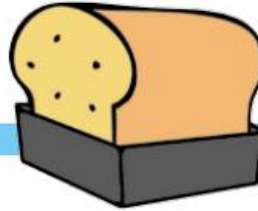
Thursday

Choose two or three of the 'Fine Motor Skills' Exercises from the pages above and spend 10 minutes practising them.

Using the recipe sheet below, in your best handwriting, copy out the recipe to create your own recipe card.



Banana and Raisin Bread



Use this recipe to practise measuring.
Ask an adult to help you.

1. Measure out:



75 g

plain flour



75 g

wholemeal flour



1 tsp

bicarbonate of soda



100 g

soft butter



100 g

castor sugar



2 bananas
(chopped up)



2 eggs



75 ml

warm water



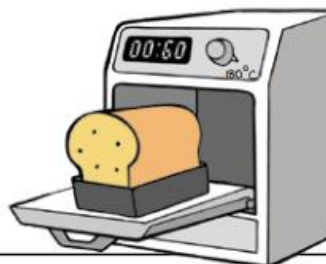
1 cup

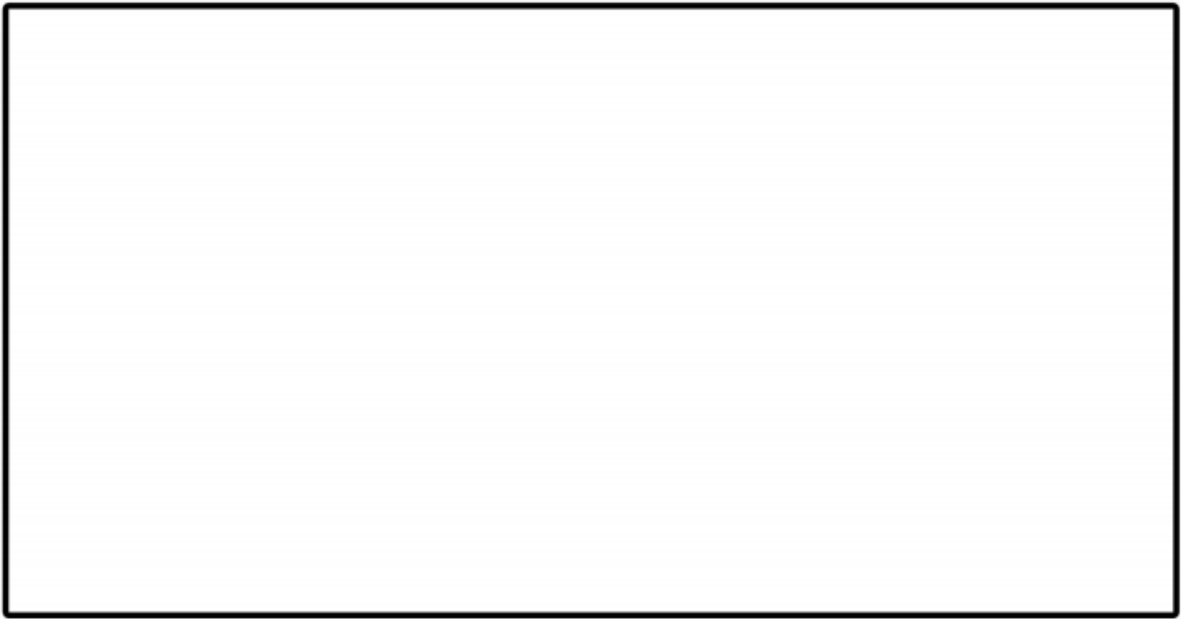
raisins



2. Mix in a bowl until there are no lumps. Spoon into a baking tin.

3. Ask an adult to bake it at 180°C for one hour, or until golden brown.





Friday:

Choose two or three of the 'Fine Motor Skills' Exercises from the pages above and spend 10 minutes practising them.

Using the recipe sheet below, in your best handwriting, copy out the recipe to create your own recipe card.



Cheese Scones



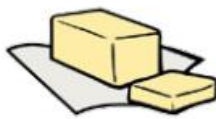
Use this recipe to practise measuring. Ask an adult to help you.

1. Measure out:



225 g

self-raising flour



55 g

butter



150ml

milk



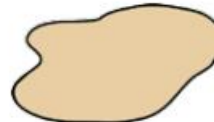
25 g

cheddar cheese



Mix in a bowl to
make a dough.

2. Roll out the dough to 2cm thick.



3. Cut out circles. Put on a baking tray. Brush with milk.



4. Ask an adult to bake them at 220°C for 12-15 minutes until golden brown.

