Our Fine Motor Play Menu

Big body first. Then busy hands. One a day is plenty.

Big Body First

shoulders and core

- ☐ **Bear walk**
- ☐ **Wall push**
- ☐ **Carry the shopping**
- ☐ **Climb at the park**
- ☐ **Draw on an easel**

Our idea:

Strong Hands

squeeze and push

- ☐ **Playdough**
- ☐ **Squeeze a sponge**
- ☐ **Tear paper**
- ☐ **Dig in sand or mud**
- ☐ **Spray bottle**

Our idea:

Clever Fingers

pinch and pick

- ☐ **Pegs on a box**
- ☐ **Tongs and pom poms**
- ☐ **Stickers**
- ☐ **Pick up sultanas**
- ☐ **Post cards in a box**

Our idea:

Both Hands Together

one holds, one works

- ☐ **Snip with scissors**
- ☐ **Thread pasta**
- ☐ **Open a container**
- ☐ **Buttons and zips**
- ☐ **Spread on toast**

Our idea:

Mon	Tue	Wed	Thu	Fri	Sat	Sun