



Walk inky / painted fingers around a piece of paper.

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Blow bubbles and pinch to pop. Use the left and the right hand.

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Draw around 2D shapes and then cut out.

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Hook paper clips to several pieces of card.

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Line up dominoes in lines of 3 and 5, knock them down and stand them back up.

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Pick up objects using large tweezers such as small cubes or counters.

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Mould and roll playdough into balls - using the palms of the hands facing each other and with fingers curled slightly towards the palm.

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Use toothpicks to make designs in play dough.

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Pop bubble wrap. Squeeze with thumb and forefinger. Use your left and right hand.

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Roll playdough into tiny balls (pea size) using only the finger tips. Use your left and right hand.

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Cut playdough with a plastic knife or with a pizza wheel by holding the implement in a diagonal volar grasp.

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Tear newspaper into strips and then crumpling them into balls. Use to stuff scarecrow or other art creation.

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Scrunch up 1 sheet of newspaper in one hand. This is a super strength builder. Use your left and right hand.

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Use a plant sprayer to spray plants (indoors, outdoors).

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Use a plant sprayer to spray snow.
(mix food coloring with water so that the snow can be painted)

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Turn over cards, without bringing them to the edge of the table.

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Turn over coins, without bringing them to the edge of the table.

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Shake dice by cupping the hands together, forming an empty air space between the palms.

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Make pictures using stickers or self-sticking paper reinforcements.

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Cut straight, wavy and zig zag lines. Try cloud shapes.

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Use small-sized screwdrivers like those found in a building set.

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Thread pasta tubes. Try using both hands!

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Thread beads. Thread by colour or make a pattern. Try threading with both hands.

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Transfer lentils from one container to another.

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Using eye droppers to "pick up" coloured water for colour mixing or to make artistic designs on paper.

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Roll small balls out of tissue paper, then gluing the balls onto construction paper to form pictures or designs.

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Play games with the "puppet fingers" -the thumb, index, and middle fingers.

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Thread or weave through netting.

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Place pegs on a line. Peg high frequency words or number cards in order.

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Guide a pen line or finger through a maze.

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Copy over the alphabet, upper case and lower case.

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Make a pompom.

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Play magnet fishing game.
Use both hands to hold the
rod!

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Wind wool around a stick
or toy animal

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Create a clay character.

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Transfer rice from one
container to another.

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Unscrew and screw on jar
lids. Pick out objects /
beads and replace.

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Pick out small creatures
out of playdough.

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Mould Wikk Stix, reshape
and straighten.

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Bend pipe cleaners into
different shapes.

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Draw a small picture onto tracing paper and the use cocktails to perforate the edge, the tear out.

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Use mini hole punches to punch out paper.

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Stretch rubber bands between individual fingers and thumb.

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Place large plastic rings, on each finger one at a time against the clock.

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Flick small balls (rolled silver foil if available) into a goal.

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Use finger puppets to act out a play.

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Paint with feathers, toothbrushes and cotton buds.

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Tap fingers off one another, start with thumb to thumb, fore finger to fore finger etc. Develop repetitions.

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Arrange 12 counters in a line (1x12), slide counters into different arrangements, 2x6, 3x4 etc. Do it with both hands. Now try 24 counters in different arrangements.

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Make leaf or coin rubbings.

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Chalk on black sugar paper. Use both hands!

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Push buttons around with cocktail sticks / pencils.

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Sort shapes by sliding them around the table. Use your left and right hand.

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Spin the tops, try and get as many spinning as possible.

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Put an elastic band around two fingers and open and close them. Use both hands, try fingers on the same hand and on opposite hand.

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Hama beads, make a pattern or picture.

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Lick and stick gummed papers to make a pattern or picture.

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Use a feather to point to parts of your body. For example, ask a friend to ask you to point to your nose.

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Use stencils to make a picture and colour!

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Peg board pictures

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Lacing cards. Thread and unthread the picture.

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Use tweezers to move the marbles from one place to the other.

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Throw bean bags on to the target circles and score points.

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Use chop sticks to move objects from one place to another.

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Play tangram and use the pieces to create a square or animal shape.

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Use tracing paper and a pencil or crayon to copy over the handwriting patterns or try drawing the patterns on lined paper.

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Play tiddlywinks, position three scoring cards and see who can score the most points by flicking 3 counters.

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Picture Clues: Choose a card, draw the picture for a partner and get them to guess what you have drawn. Use whiteboards.

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3

10

20

25

100

2

5

10

20

50

1

2

5

10

25

Start

Start

Start

Start

Start

