

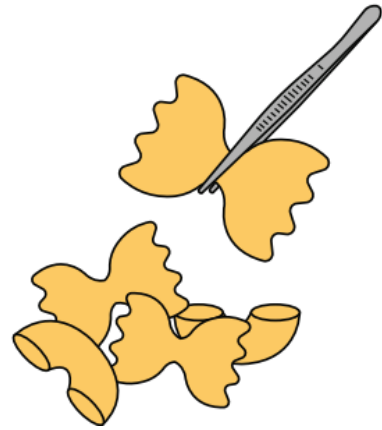
Fine Motor Challenge at Home for EYFS

Autumn Term

Challenge 1

Equipment needed: Tweezers, bowl(s) and different pasta shapes/colour.

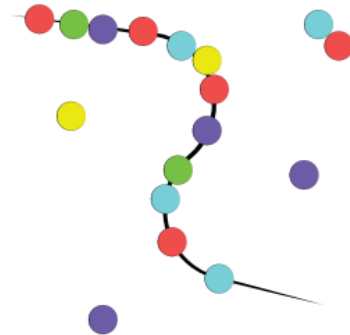
Fill a bowl with different kinds of pasta.
Then using tweezers, carefully pick the pasta out and put the different kinds of pasta into smaller separate bowls.



Challenge 2

Equipment needed: Beads and string.

Tie a knot at the end of the string.
Thread the beads onto the string. Try
and make a nice pattern or using letter
beads, spell out your name.



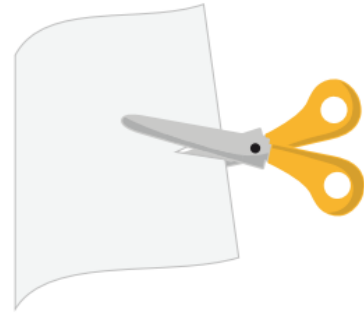
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Challenge 3

Equipment needed: Paper, pen/pencil, something to colour in (optional) and scissors.

Draw a picture or maybe a big word.
You can make this as colourful and detailed as you like. Then using scissors, cut this picture into strips.
Shuffle the pieces and try piecing your puzzle back together.



Challenge 4

Equipment needed: Lolly pop sticks or twigs.

Using the lolly pop sticks or twigs, try and create shapes or letters.
See if anyone can guess what you have made!



Challenge 5

Equipment needed: Pen, felt-tips and paper.

Draw a pattern, picture or word on a piece of paper with a pen then swap with someone else. With a felt tip, carefully follow the lines and shapes they have created.



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Challenge 6

Equipment needed: Coat/Jacket.

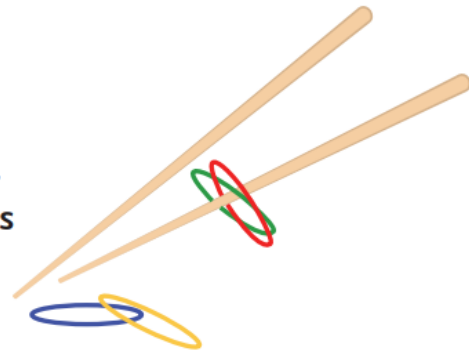
Get a coat or jacket ready on the ground in front of you (ask someone to time you if you like). Then as quick as you can, put the coat on hooking and pulling up the zip or doing up the buttons as fast as you can.



Challenge 7

Equipment needed: Chopsticks and hair bobbles.

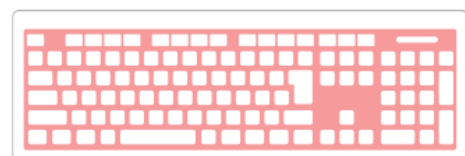
Scatter hair bobbles down. Using the chop sticks, try and pick up and hook as many bobbles over the chopsticks as possible.



Challenge 8

Equipment needed: Keyboard (this could be a pc/laptop/tablet screen).

Using a keyboard of any kind, learn how to type your name. Once you know, try to do it faster and faster each time. Experiment with other words too!



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A list of resources from AMAZON to develop fine motor skills

A guide to mark making: [The Ultimate Guide to Mark Making in the Early Years: A creative approach to developing mark making and building language skills : Sue Cowley: Amazon.co.uk: Books](#)

Tweezers: [Learning Resources - Easy Grip Tweezers \(Single\) : Amazon.co.uk: Toys & Games](#)

Chopstick: [Typhoon World Foods Rookie Chopsticks, Multi-Colour : Amazon.co.uk: Home & Kitchen](#)

Threading for fine motor skills: [Threading Toys for Kids – Fine Motor Skills Toys | 8 Animal & Transport Lacing Boards with 8 Laces, Toddler Travel Game for Preschool, Montessori Activities & EYFS Early Years Resources : Amazon.co.uk: Toys & Games](#)

Fine motor tool set: [Learning Resources Helping Hands Fine Motor Tool Set Toy, Fine Motor and Sensory Toy, Fine Motor Games, Ages 3+ : Amazon.co.uk: Toys & Games](#)

Fine motor development for handwriting: [LearnToy Montessori Wooden Alphabet Tracing Board - Educational Toy for Kids - Fine Motor Skills Development - Double-Sided Writing Practice for Preschool 1-4 Years Old : Amazon.co.uk: Toys & Games](#)

Mark making tools: [YZNlife Kids Paint Brushes Sponge Kits,52 pcs Painting Brushes Tool Kit for Kids Early DIY Learning Include Foam Brushes, Pattern Brushes Set, Waterproof Apron : Amazon.co.uk: Toys & Games](#)

Thank you

Miss Nahar

Strategic School Leader for EYFS

