Fine Motor Challenge Chart

Colour a star each time you try an idea. Can you try all 30? Use things you already have at home.

1 Play with playdough	2 Roll playdough snakes	3 Pinch clothes pegs	4 Thread beads	5 Thread pasta
6 Tear paper	7 Scrunch paper balls	8 Cut with scissors	9 Stick stickers	10 Use tweezers
11 Pick up pom-poms	12 Squeeze a sponge	13 Water play with a baster	14 Paint with a brush	15 Finger paint
16 Draw in sand	17 Draw in shaving foam	18 Pour water	19 Scoop with a spoon	20 Do a simple puzzle
21 Build with blocks	22 Lace a card	23 Open and close lids	24 Peel stickers	25 Hang washing with pegs
26 Colour a picture	27 Trace a line	28 Zip and unzip	29 Do up buttons	30 Make a collage

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