**Activities to keep your children active**

**Fine Motor coordination development**

**Indoor Fine motor skills Challenge cards**

**Try these activities with your child to help develop their fine motor skills.**

**Twinkl:**

https://content.twinkl.co.uk/resource/f5/6e/t-a-064-indoor-fine-motor-skills-challenge-cards-\_ver\_1.pdf?\_\_token\_\_=exp=1584615226~acl=%2Fresource%2Ff5%2F6e

**Using pegs**

|  |  |
| --- | --- |
| Equipment | How to play |
| https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcT7pQW7d0Am9IXXvVpBse4hVFjvlLXU0pDrjrUiz2MVvAic2H9sD0KcE04tr2I9H2IpB-Ry_6E&usqp=CAcPegs  https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcQ7Um_M57CCxGz24c3mYuFp11yjHuhyriSei4rP_7kUMDF2laM8Pb4s65is5kD0n9RRwAgzHJU&usqp=CAc  Saucepan / mixing bowl | See how many pegs you can attach to the bowl in a timed period.  See how many pegs you can take off the side of the bowl in a timed period. |

**Tong pick up**

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| --- | --- |
| Equipment | How to play |
| Pair of tongs, bowl ,rolled up socks  [Image result for rolled up socks](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fphotos%2Frolled-up-socks&psig=AOvVaw1B6z2tXOhMfjPtj2l1xuyg&ust=1585305303421000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCPDowtv4t-gCFQAAAAAdAAAAABAD)https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSBkRxFDTU0__B9py55hxlw8TU7MSSuJni15XDpqmvp7lJn_iQFvGjYxyZgIhRHzXwX9Y-GFaU&usqp=CAc  https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcQ7Um_M57CCxGz24c3mYuFp11yjHuhyriSei4rP_7kUMDF2laM8Pb4s65is5kD0n9RRwAgzHJU&usqp=CAc | Pick up different size objects (light in weight) and drop into bowl  See how many items you can drop into the bowl in a timed period. |

**Pass the egg**

|  |  |
| --- | --- |
| Equipment | How to play |
| Empty egg carton x 2  [Image result for empty egg carton](https://www.google.co.uk/url?sa=i&url=http://www.recipris.com/2013/03/21/10ways-to-reuse-egg-cartons/&psig=AOvVaw0kRcRgAvahvufhvaurxAaZ&ust=1584704418768000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCKiDopi6pugCFQAAAAAdAAAAABAD)  Hard boiled eggs / tomatoes/ ping pong balls | Transfer eggs / tomatoes/ ping pong balls from one container to the other.  Use a timer to see how quickly you can do it.  Try it with your non dominant hand too if you are able to. |

**Tube target**

|  |  |
| --- | --- |
| Equipment | How to play |
| [Image result for empty kitchen roll tubes](https://www.google.co.uk/url?sa=i&url=https://www.blanco.com/us/blog/2011/03/day-29-30-day-countdown-to-earth-day/&psig=AOvVaw3DkD_z_AWtdnu90766DDr4&ust=1584790131674000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCNjqxbj5qOgCFQAAAAAdAAAAABAE)Kitchen roll tube  Bowl  https://encrypted-tbn0.gstatic.com/images?q=tbn%3AANd9GcSE9JCDuX1Od3_LJB6Zl4b2Oz26YxgA5dLLCrnrvwyKtIAOD2yqx-sSdBfn2atcco7ywGXviUmSLvY&usqp=CAcTable tennis balls  [Image result for table tennis ball](https://www.google.co.uk/url?sa=i&url=https://www.earlyyearsresources.co.uk/pe-equipment-c1030/table-tennis-c1817/jumbo-table-tennis-balls-p46989&psig=AOvVaw2WRe5U9vlDUix2A-smmUix&ust=1584790222131000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjSo-f5qOgCFQAAAAAdAAAAABAD) | Pick up the table tennis ball or small object ( that can fit in a kitchen roll tube)  Aim the tube at the bowl and release ball/ object down the tube into the bowl for a goal  Count how many you can get out of 5.  Try your non dominant hand too |