The Child Unplugged

FINE MOTOR SKILLS

Activity Book



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Introduction

Fine motor skills involve the small muscles in the hands, fingers, and wrists, allowing children to perform precise movements. These skills are essential for everyday activities like grasping objects, holding a pencil, buttoning clothes, and using utensils. Developing fine motor skills in early childhood lays the foundation for hand-eye coordination, independence, and confidence in tasks that require control and dexterity.
Simple, playful activities—like sticker placement, threading beads, or building with blocks—help children practice these movements in fun and engaging ways.







Why Fine Motor Skills Is So Valuable

- Supports daily independence – helps children dress themselves, feed themselves, and handle personal care tasks.
- Strengthens hand-eye coordination – essential for tasks like writing, drawing, and catching or throwing objects.
- Prepares for school readiness – builds the foundation for writing, cutting, and using tools.
- Boosts concentration and focus – activities that develop fine motor skills require careful attention.

How to Support Play at Home

Supporting play at home means creating a safe, fun space where children can explore, experiment, and learn. Simple setups, easy steps, and practical tips help parents spark curiosity, creativity, and skill-building every day.

Basic setup:

- Safe, clutter-free space
- Age-appropriate toys and materials
- Room for movement and creativity

Simple steps:

- Set up the activity
- Demonstrate briefly, then let them explore
- Follow your child's lead
- Rotate materials for variety

Helpful tips:

- Use everyday objects for new ideas
- Ask open-ended questions
- Praise effort, not just results
- Keep play sessions short and fun







Ideas

Use everyday items and let your child's imagination lead the way

STICKER LINE UP

WHATS NEEDED:

- Paper
- Marker
- Stickers
- Painter's Tape (my favourite to use on walls)

WHAT TO DO:

- Take a large piece of paper and draw a straight line across it.
- Give the child a set of stickers to use.
- Encourage the child to place the stickers along the line, following the path.
- Mount the paper on a wall or vertical surface—this adds a fun, interactive twist.
- Turn it into a game or story: for example, the line is a "road," and the stickers are "cars"traveling along it.

BENEFITS:

- Helps develop fine motor skills, hand-eye coordination, and pinching techniques.
- Encourages creativity and problem-solving.
- Can be used for patterning activities, encouraging recognition of colors and shapes.
- Supports early literacy and numeracy—for example, creating letters or numbers for stickers to be placed on.



HOW TO ADAPT:

- Use large, easy-to-grasp stickers (e.g., foam or large plastic ones) to reduce frustration caused by pinching small items.
- Draw thick, wide lines or shapes (circles, squares) instead of thin lines to give more space for placement.
- Let kids place stickers freely first, before introducing "on the line" guidance, to build confidence and familiarity.
- Use pre-cut tape strips on surfaces to make sticking easier for little hands.

MARSHMALLOW SCULPTURE

WHATS NEEDED:

- Marshmallows of various sizes (stale ones will work better!)
- Toothpicks
- Plastic drinking straws
- Safety scissors

WHAT TO DO:

- Cut the straws into a variety of lengths.
- Encourage kids to experiment by connecting the toothpicks and straws with the marshmallows to make a 2D shape like a square or a triangle. Ask them to observe what works best.
- Ask them what other types of structures they can build. As they work, encourage them to try something different to overcome any problems they encounter.

BENEFITS:

- Boosts creativity and imagination
- Develops fine motor and hand-eye coordination
- Encourages problem-solving and early engineering
- Fun, hands-on sensory experience
- Supports focus and patience



HOW TO ADAPT:

- Use larger marshmallows and thicker straws or rounded toothpicks for easier handling
- Provide tweezers, tongs, or clothespins to help children hold and connect pieces
- Pre-cut straws to different lengths to simplify building and reduce cutting tasks
- Adjust complexity for age: simple shapes for younger kids, complex structures for older ones
- Encourage experimentation with angles, stacking, and connections

SORTING & TRANSFER

WHAT YOU NEED

- 3–5 small bowls or containers
- A selection of dry materials (e.g. pasta shapes, lentils, chickpeas, rice)
- Spoons, scoops, or small cups
- Optional: child-safe tweezers or tongs
- Tray or mat to catch spills

WHAT TO DO

- Place different dry materials into one large bowl or mix them together.
- Provide empty bowls for sorting.
- Encourage your child to sort the materials by type, size, or colour.
- Use spoons or tongs to transfer items from one bowl to another.
- Talk about what they notice — big/small, smooth/rough, more/less.
- Extension idea: Count how many of each item were sorted.

BENEFITS:

- Strengthens fine motor skills
- Improves hand–eye coordination
- Develops concentration and focus
- Introduces early maths concepts (sorting, categorising, comparing)
- Encourages sensory exploration
- Builds independence and confidence



HOW TO ADAPT:

- **For younger children:** Use larger items (e.g. large pasta or dried beans). Focus on simple transferring rather than sorting. Limit the number of materials to avoid overwhelm.
- **For older children:** Add a timer challenge. Introduce counting and recording totals.
- **Sort by more specific categories:** (colour shades, size differences). Create simple patterns using sorted materials.
- **Make it themed:** Colour rice with food colouring. Add small toy animals or objects to “rescue” from the bowl.

ANIMAL RESCUE

WHATS NEEDED:

- Tray
- Animals (small figurines)
- Spoon
- Food colouring
- Any sensory base

WHAT TO DO:

- Fill a tray with rice, pasta, or other safe sensory material
- Add a few drops of food coloring for fun visuals
- Mix in small animals or toy figurines
- Give your child a scoop, spoon, or cup to dig and explore
- Let them play freely—scooping, pouring, and discovering

BENEFITS:

- Sparks imagination through mini worlds and rescue scenarios
- Strengthens fine motor skills and hand-eye coordination
- Encourages problem-solving and critical thinking
- Teaches empathy and care for animals
- Supports language development and vocabulary growth



HOW TO ADAPT:

- Freeze the water to make it harder to get the animals out and provide tools for extraction.
- Swap water for rice or sand and hide the figures.
- Hide items in play-dough for discovery.
- Use letters instead of animals; sound them out and say a word starting with each letter.
- Tape animals to a tray or table and let your child “set them free.”
- Wrap animals in elastic bands for your child to free.
- Tie a rope or fabric over a basket and have your child extract the objects.

PICK UP STICKS

WHATS NEEDED:

- Coloured straws/pipe
- Cleaners
- Color Dice
- Number Dice
- Markers
- Bucket

WHAT TO DO:

- Scatter coloured pipecleaners on a flat surface in a small pile.
- Take turns carefully picking up one stick at a time without moving the others.
- If another stick moves, your turn ends.
- Roll a dice before your turn to decide how many sticks to collect or which colour you must pick up.
- Count your sticks at the end.
- Continue until all sticks are collected, then compare totals to see who has the most.

BENEFITS:

- This simple twist adds maths, colour recognition, concentration and turn-taking to a classic fine motor game.
- Boosts creativity and imaginative play
- Enhances fine motor skills and hand-eye coordination
- Encourages problem-solving through bending and shaping
- Supports threading and sensory exploration
- Fun, versatile, and easy to set up anywhere



HOW TO ADAPT:

- Provide pipe cleaners in different textures (fuzzy, smooth, glittery, or wrapped in fabric) and let kids choose what feels comfortable.
- Keep the play space calm and uncluttered to avoid overstimulation.
- Use muted colors if bright hues are overwhelming, or bold colors if more visual input is needed.
- Let kids explore pipe cleaners without pressure to "create"—focus on tactile play first.

FABRIC PEEKABOO

WHATS NEEDED:

- Lightweight fabric (e.g. scarves, muslin cloths)
- Soft toy (optional, for hiding)
- Baby-safe mirror (optional)
- Safe, soft play space
- Your playful interaction and supervision

WHAT TO DO:

- Choose a soft, lightweight fabric – like a scarf or muslin cloth.
- Gently cover your face or a toy with the fabric.
- Say “Peekaboo!” as you reveal your face or the toy to the baby.
- Encourage the baby to pull off the fabric themselves to discover what’s underneath.
- Repeat with smiles, songs, or different textures to keep it fun and engaging.

BENEFITS:

- Boosts Visual Tracking – Helps babies follow movement and focus.
- Encourages Social Interaction – Promotes bonding through smiles and giggles.
- Supports Cognitive Skills – Teaches object permanence (understanding things still exist when hidden).
- Enhances Motor Development – Reaching and grabbing build hand-eye coordination.



HOW TO ADAPT:

- Try varied fabrics for texture fun.
- Hide toys under fabric for baby to find.
- Use a mirror for added surprise.
- Sing peekaboo songs to engage.
- Let baby pull the fabric off themselves.

CRAYON PUSH

WHATS NEEDED:

- Broken crayon pieces (short and safe size)
- Cardboard box, foam block, or plastic lid
- Pencil or skewer to poke holes
- Tape (optional, to secure base)
- Supervision for safe play

WHAT TO DO:

- Prepare Crayons – Break crayons into short pieces (supervised for safety).
- Create Holes – Use a cardboard box, foam block, or container lid and poke crayon-sized holes.
- Set Up – Place the board on a flat surface within easy reach of your child.
- Demonstrate – Show how to push crayons into the holes one at a time.
- Let Them Explore – Encourage your child to try independently and name colors as they go.

BENEFITS:

- Builds Hand Strength – Pushing crayons into holes strengthens small hand muscles.
- Improves Coordination – Enhances hand-eye coordination and control.
- Boosts Focus – Requires concentration and precision.
- Encourages Colour Recognition – Match crayon colors to colored holes or containers.
- Supports Problem-Solving – Kids learn to align and push crayons accurately.



HOW TO ADAPT:

- **Younger toddlers:** Use large, chunky crayons for easy grip; let them push freely.
- **Older toddlers/preschoolers:** Introduce smaller crayons or different surfaces (e.g., paper, cardboard) to improve control.
- **Fine motor challenge:** Ask children to push crayons through narrow slots or into small containers.
- **Sensory variation:** Place crayons in sand, rice, or play-dough to change texture.
- **Set up:** Provide trays or mats to contain marks and mess.

POSTING

WHATS NEEDED:

- Container with a slot
- Large tokens, lids, or wooden discs
- Tray or mat
- Optional tools: tongs or tweezers for added fine motor challenge

WHAT TO DO:

- Place the container in front of the child.
- Invite the child to pick up a token, lid, or disc and post it into the slot.
- Encourage them to retrieve the items and repeat the posting process.
- For added challenge, vary the size of the tokens or try using tongs or tweezers.

BENEFITS:

- Strengthens fine motor skills and pincer grip
- Develops hand-eye coordination and spatial awareness
- Encourages focus, concentration, and patience
- Supports early problem-solving and cause-and-effect learning
- Offers a fun, screen-free, hands-on play experience



HOW TO ADAPT:

- **For younger children:** Use larger tokens and a wider slot.
- **For older children:** Introduce smaller tokens, tongs, or counting challenges.
- **For themed play:** Use seasonal shapes (eggs, leaves, stars) instead of plain tokens.
- **For extra cognitive skills:** Encourage sorting by color, shape, or size before posting.
- **For sensory variation:** Place tokens in sand, rice, or beans before posting to increase tactile feedback.

VELCRO FRUIT CUTTING TOY

WHATS NEEDED:

- Wooden fruits with Velcro attachments
- Child-safe knife (plastic or wooden play knife)
- Cutting board or safe flat surface
- Optional: baskets or trays to sort cut fruits
- Optional: laminated play mats with fruit pictures for matching

WHAT TO DO:

- Place the wooden fruits on a flat surface.
- Demonstrate how to safely "cut" the fruit along the Velcro line using the child-safe knife.
- Invite children to cut the fruits themselves, encouraging careful handling and concentration.
- After cutting, children can sort the pieces, match them to mats, or "reassemble" them for repeated play.

BENEFITS:

- Develops fine motor skills and hand strength
- Improves hand-eye coordination and control
- Encourages concentration and focus
- Supports early life skills like cutting, sorting, and matching
- Promotes imaginative play and confidence
- Introduces basic concepts of fruits and healthy eating



HOW TO ADAPT:

- **For younger children:** Use larger fruits and softer Velcro for easier cutting.
- **For older children:** Introduce smaller fruits, more complex shapes, or timed challenges.
- **For learning concepts:** Incorporate colors, numbers, or letters on fruits for counting or letter recognition.
- **For sensory variation:** Add a textured cutting mat or different fruit textures.
- **For cooperative play:** Children can "sell" and "buy" fruits, turning it into a pretend play activity.

ALPHABET HUNT

WHATS NEEDED:

- A tray filled with rice (or any sensory base)
- Alphabet letters
- Scoops
- Tweezers

WHAT TO DO:

- Fill a sensory tray with rice
- Hide plastic or foam letters inside the tray.
- Encourage children to dig, scoop, or sift through the material to find the hidden letters.
- As each letter is found, ask children to name it and say its sound.
- Match letters to a printed alphabet sheet or spell simple words together.

BENEFITS:

- Turns letter recognition into an exciting and motivating game
- Encourages playful, hands-on learning
- Develops fine motor skills through digging and picking up letters
- Strengthens hand-eye coordination
- Supports sensory development, especially the sense of touch



HOW TO ADAPT:

- **For younger children:** Use fewer letters at a time and focus on recognising their name initial or a small group of familiar sounds.
- **For older children:** Challenge them to find letters in order, spell simple CVC words, or match uppercase and lowercase pairs.
- **Add maths:** Write numbers instead of letters and practise counting or number recognition.
- **Add tools:** Provide scoops, tweezers, paintbrushes, or sieves to increase fine motor challenge.
- **Make it active:** Hide larger letters around the garden or room for a movement-based alphabet hunt.

MOSQUE BUILDING BLOCKS

WHATS NEEDED:

- Wooden blocks, foam blocks, or LEGO-type bricks
- Recycled materials (small boxes, tubes, lids)
- Paper, markers, or stickers for decoration
- A tray

WHAT TO DO:

- Provide children with blocks or materials to represent walls, domes, and minarets.
- Encourage them to build mosques using their imagination or by referencing real mosques.
- Allow decorating with paper, stickers, or markers to add details like doors, windows, or domes.
- Invite children to share their creations, explaining their mosque designs.
- For extended play, rebuild or modify structures to explore balance and design.

BENEFITS:

- Develops fine motor skills and hand-eye coordination
- Enhances spatial awareness and problem-solving
- Encourages creativity and imagination
- Builds understanding of cultural and architectural concepts
- Promotes focus, concentration, and cooperative play



HOW TO ADAPT:

- **For younger children:** Use larger blocks or pre-cut foam shapes for easier handling.
- **For older children:** Introduce challenges like building taller structures or symmetrical designs.
- **For sensory variation:** Use textured blocks or sand-filled containers to create different “bases.”
- **For learning extension:** Discuss mosque features, community importance, and cultural traditions.

RICE & CUTTERS

WHATS NEEDED:

- Cooked and cooled boiled rice
- A large tray or sensory tub
- Scoops, spoons, or small cups
- Cookie cutters or shape cutters
- Small bowls or containers for transferring
- Optional: food coloring for added visual fun

WHAT TO DO:

- Spread the cooled rice evenly in the tray or tub.
- Provide scoops and cutters for your child to explore freely.
- Encourage them to scoop, pour, press, and mold the rice into shapes.
- Let them fill containers, create patterns, or build small “rice creations.”
- Allow open-ended play and follow their lead.

BENEFITS:

- Strengthens fine motor skills and hand control
- Enhances hand–eye coordination
- Supports sensory development (texture exploration)
- Encourages creativity and imaginative play
- Builds focus and concentration
- Promotes independent, self-directed learning



HOW TO ADAPT:

- **Younger Toddlers:** Use scoops, spoons, and cups for free exploration.
- **Older Toddlers/Preschoolers:** Add cookie cutters, molds, and containers for pouring, sorting, and creating patterns.
- **Learning Elements:** Hide toys, use color-coded rice, or include letters, numbers, and shapes.
- **Sensory Variety:** Mix in pasta, lentils, or oats; add safe scents like vanilla or cinnamon.
- **Space & Setup:** Use a tray or bin and a mat to contain spills.
- **Fine Motor Challenge:** Try tongs, tweezers, or shaping rice into forms.

SORTING BEADS AND COINS

WHATS NEEDED:

- Assorted beads and coins (varied sizes, shapes, colors)
- Sorting trays, bowls, or muffin tins
- Tweezers or tongs (optional, for fine motor practice)
- A flat play surface
- Close supervision (to ensure safety with small parts)

WHAT TO DO:

- Provide a mix of beads and coins in a tray or bowl.
- Use small cups, bowls, or muffin tins for sorting.
- Ask the child to sort by size, color, shape, or type.
- Demonstrate a few examples to show how sorting works.
- Allow free play or offer simple challenges (e.g., “Can you find all the red beads?”).
- Supervise Closely – Especially with younger children, to ensure safety with small objects.

BENEFITS:

- Boosts Cognitive Skills – Enhances pattern recognition and categorization.
- Improves Fine Motor Skills – Picking up small items strengthens finger muscles.
- Develops Hand-Eye Coordination – Requires precise movements and control.
- Builds Focus and Attention – Encourages concentration and task completion.
- Introduces Early Math Concepts – Supports learning about size, color, shape, and counting



HOW TO ADAPT:

- **Younger toddlers:** Sort large beads or coins by color or size; free exploration.
- **Older toddlers/preschoolers:** Sort by color, size, shape, or type; count and create patterns.
- **Early math:** Compare quantities, introduce simple addition/subtraction, and identify coin values.
- **Sensory & creative play:** Mix with rice or sand; make designs or pretend play.
- **Fine motor challenge:** Use tweezers, spoons, or scoops; stack, thread, or transfer items.
- **Set up:** Use trays or bowls and a mat to contain spills.

PEELING AND PLACING STICKERS

WHATS NEEDED:

- A variety of stickers (different sizes, textures, themes)
- Sticker sheets or rolls
- Paper, cardboard, or sticker books for placing
- Optional: tweezers or peel-assist tools for added challenge.

WHAT TO DO:

- Provide a variety of stickers and a surface (paper, notebook, tray).
- Show how to peel a sticker from the sheet gently.
- Encourage the child to choose and place stickers wherever they like.
- Let them press firmly to stick, using fingers or a tool for extra support.
- Join in and talk about sticker shapes, colors, or themes.

BENEFITS:

- Strengthens fine motor skills and pincer grasp
- Improves hand-eye coordination
- Builds focus and concentration
- Encourages creativity and self-expression
- Supports early literacy and math
- Boosts confidence and independence



HOW TO ADAPT:

- **Younger toddlers:** Use large, easy-to-peel stickers on a plain surface.
- **Older toddlers/preschoolers:** Introduce smaller stickers, patterns, or themed sheets.
- **Fine motor challenge:** Stickers on narrow lines, shapes, or small containers.
- **Creative twist:** Encourage making letters, numbers, or simple designs.
- **Sensory variation:** Stick on textured surfaces like felt or sandpaper.

COIN RUBBING ART

WHATS NEEDED:

- Clean coins (variety of sizes and types)
- Plain paper
- Crayons (wrappers removed)
- Flat surface for rubbing
- Optional: tape to hold coins in place

WHAT TO DO:

- Gather Materials – Collect paper, crayons (with wrappers removed), and a few clean coins.
- Place Coin – Set a coin under the paper.
- Start Rubbing – Hold the paper steady and gently rub the side of a crayon over the area.
- Explore Designs – Try different coins and colors to compare textures and patterns.
- Display or Discuss – Talk about the shapes, numbers, or pictures that appear and display the artwork if desired.

BENEFITS:

- Enhances fine motor skills – strengthens hand muscles through rubbing and holding tools
- Boosts observation – encourages attention to detail by revealing coin designs
- Supports early learning – introduces currency, shapes, and textures
- Sparks creativity – turns everyday objects into unique artwork
- Calming activity – focused rubbing can be soothing and mindful
- Builds vocabulary – promotes discussion about patterns, symbols, and money



HOW TO ADAPT:

- **Younger toddlers:** Use large coins or textured objects; focus on simple rubbing with crayons.
- **Older toddlers/preschoolers:** Introduce smaller coins, multiple coin types, or metallic crayons for variety.
- **Fine motor challenge:** Encourage careful tracing within the edges of the coin.
- **Creative twist:** Layer rubbings to make patterns, designs, or collages.

COLOUR SORTING

WHATS NEEDED:

- Coloured objects (e.g. pom poms, blocks, buttons)
- Sorting containers (bowls, trays, cups)
- Optional tools (tongs, spoons, tweezers for fine motor practice)
- Colour labels or mats for matching
- A clear play surface for easy sorting

WHAT TO DO:

- Gather small household items of different colors and place them in a basket
- Provide multiple bowls for sorting
- Encourage your child to sort items by color, size, or type
- Let little hands explore freely and experiment with different arrangements
- Keep it playful and open-ended to spark curiosity and learning

BENEFITS:

- Boosts colour recognition and visual discrimination
- Supports early cognitive and categorisation skills
- Enhances fine motor development through picking and placing
- Encourages language development as colours are named and described
- Builds early math skills like grouping, matching & comparing
- Improves focus, concentration & attention to detail



HOW TO ADAPT:

- **Younger toddlers:** Use a few basic colors and larger objects for easy handling.
- **Older toddlers/preschoolers:** Introduce more colors, smaller items, or patterns to sort.
- **Fine motor challenge:** Use tongs, tweezers, or scoops to pick up items.
- **Math extension:** Count items in each group or compare which has more/less.
- **Creative twist:** Sort by multiple attributes (color + shape or size) or create color patterns.

COLOUR MIXING

WHATS NEEDED:

- Mixing containers
- Brushes
- Water
- Paint or Food Colouring

WHAT TO DO:

- Set up paints or coloured water in small containers.
- Provide tools like brushes, droppers, or fingers.
- Encourage kids to mix colours on paper or a tray.
- Observe new colours forming and talk about changes.
- Clean up hands and area after play.

BENEFITS:

- Encourages creativity and exploration
- Teaches early science concepts (cause & effect)
- Builds visual perception and colour recognition
- Supports fine motor development
- Promotes language as kids describe colours and changes



HOW TO ADAPT:

- **Younger toddlers:** Use primary colors and large amounts of paint for easy mixing.
- **Older toddlers/preschoolers:** Introduce multiple colors, shades, or tools (brushes, droppers).
- **Sensory twist:** Mix with water, sand, or shaving foam for different textures.
- **Learning extension:** Explore color patterns, gradients, or make new color “recipes.”
- **Fine motor challenge:** Use droppers, spoons, or small containers to control mixing.

THREADING AND LACING

WHATS NEEDED:

- Laces, yarn, or string (with stiffened ends or plastic needles)
- Large beads, pasta, buttons, or felt shapes with holes
- Colanders, lacing cards, or punch-hole cardboard
- Tray or basket to keep materials together
- Supervision to ensure safe handling

WHAT TO DO:

- Set Up Materials – Provide laces, string, or yarn and items to thread (beads, pasta, cards with holes, etc.).
- Demonstrate First – Show how to thread the lace through holes or beads.
- Let Kids Try – Encourage them to explore at their own pace.
- Add Challenges – Use patterns, colors, or sizes to increase difficulty.

BENEFITS:

- Strengthens fine motor skills – improves pincer grasp and finger dexterity
- Enhances hand-eye coordination – aligning and threading objects develops control
- Builds concentration and focus – completing lacing activities requires attention
- Encourages creativity – children can design patterns and sequences



HOW TO ADAPT:

- **Younger toddlers:** Use large beads or buttons with big holes and thick laces for easy gripping.
- **Older toddlers/preschoolers:** Introduce smaller beads, thinner laces, or more complex patterns.
- **Fine motor challenge:** Encourage threading in sequences, creating patterns, or using multiple colors.
- **Creative twist:** Thread shapes, letters, or numbers for learning while playing.
- **Sensory variation:** Try textured beads or soft rope/laces to add tactile experience.

POM POM SORTING

WHATS NEEDED:

- Bowl/tray
- Pom poms
- Tweezers
- Sorting tray/pots

WHAT TO DO:

- Place a mix of colourful pom poms in a bowl or tray.
- Provide small bowls or containers for sorting.
- Give your child tweezers, tongs, or fingers to pick up the pom poms.
- Encourage them to sort the pom poms by colour into the different bowls.
- Let them transfer, count, or move the pom poms between containers for extra play.

BENEFITS:

- Strengthens fine motor skills and hand muscles.
- Improves hand–eye coordination.
- Encourages colour recognition and early sorting skills.
- Builds concentration and problem-solving.
- Supports early counting and math concepts.



HOW TO ADAPT:

- For younger children, let them sort using their hands and fewer colours.
- For older children, add tweezers or tongs for more challenge.
- Introduce counting as they sort each pom pom.
- Use cups with colour labels or pictures for matching.
- Turn it into a timed game or pattern-making activity.

NESTING OBJECTS

WHATS NEEDED:

- Nesting Cups or Bowls – Plastic, wooden, or silicone sets in varying sizes
- Boxes or Containers – Recycled cartons, storage tubs, or food containers
- Measuring Cups/Spoons – Great for stacking and size comparison
- Stacking Toys – Rings, blocks, or rainbow stackers
- Lids or Jars – Safe, clean jars with lids of different sizes

WHAT TO DO:

- Simply give the objects to your child and observe how they choose to explore and use them.
- Model the activity first if your child is younger or unsure what to do.
- Encourage them to try different ways of using the objects.
- Supports focus and patience as children concentrate on completing the activity.

BENEFITS:

- Strengthens Logical Thinking – Children figure out which objects fit inside others.
- Improves Concentration – Encourages focus while arranging and nesting pieces.
- Builds Hand Strength – Handling and placing objects develop small hand muscles.
- Supports Early Math Skills – Introduces comparison, size differences, and sequencing.



HOW TO ADAPT:

- **For Younger Children:** Use larger nesting cups or bowls that are easy to grip.
- **For Older Children:** Add more pieces of smaller sizes to increase the challenge.
- **Add Sorting:** Ask children to arrange objects from biggest to smallest.
- **Add Colour Matching:** Use coloured cups or containers and sort by colour.
- **Hide & Find:** Place small toys inside the nesting objects for discovery.
- **Use Different Materials:** Try boxes, measuring cups, or containers from around the house.

BALLOON TENNIS

WHATS NEEDED:

- 1–2 Balloons (inflated)
- Paper plates and craft sticks (for rackets) or fly swatters
- Tape or glue (to attach sticks to plates)
- Open, safe play space (indoors or outdoors)
- Optional: soft net or barrier for extra challenge

WHAT TO DO:

- Inflate a balloon and make simple rackets using paper plates taped to sticks, or use your hands.
- Clear an open area indoors or outdoors, free from sharp objects.
- Show how to gently hit the balloon back and forth, aiming to keep it in the air.
- Encourage turn-taking, movement, and laughter.
- Add Challenges – Try using only one hand, switching hands, or counting how long the balloon stays up.

BENEFITS:

- Improves hand-eye coordination and timing
- Develops gross motor skills like swinging, reaching, and stepping
- Boosts focus and concentration
- Encourages active play and energy release
- Promotes turn-taking, cooperation, and social skills
- Safe, low-impact exercise for indoor or outdoor play



HOW TO ADAPT:

- **Younger toddlers:** Use just hands to hit the balloon; keep the distance short.
- **Older toddlers/preschoolers:** Introduce paddles, racquets, or fly swatters for added challenge.
- **Skill variation:** Count hits, aim for targets, or try keeping the balloon off the ground.
- **Team play:** Play in pairs or small groups to encourage turn-taking and cooperation.
- **Sensory twist:** Use balloons of different sizes, colors, or textures for extra engagement.

GRAPE BUILDING

WHATS NEEDED:

- Small grapes (red, green, or both)
- Toothpicks (regular or kid-safe blunt ones)
- A tray or plate for setup
- Optional: small bowls for sorting grapes by color

WHAT TO DO:

- Wash grapes and place them in a tray or bowl.
- Give your child toothpicks to connect grapes.
- Encourage them to build structures, towers, or shapes using the grapes and toothpicks.
- Let them explore freely, experimenting with height, patterns, or designs.
- Optional: Sort grapes by color before building for an added learning twist.

BENEFITS:

- Strengthens fine motor skills and hand-eye coordination
- Enhances problem-solving and planning as children figure out how to connect grapes
- Encourages creativity and imagination through building structures
- Supports color recognition if sorting is included
- Promotes patience and focus during careful construction
- Can be a fun, edible learning activity



HOW TO ADAPT:

- **Younger toddlers:** Use fewer grapes and larger toothpicks; focus on simple stacking rather than complex structures.
- **Older toddlers/preschoolers:** Challenge them to build taller towers, geometric shapes, or patterns.
- **Fine motor challenge:** Encourage connecting multiple grapes with one toothpick or creating a “grape chain.”
- **Safety:** Always supervise to prevent choking and consider blunt-ended toothpicks for younger children.

POPPING BUBBLES

WHATS NEEDED:

- Dish washing detergent
- Pipe cleaners.
- Open, safe play space (indoor or outdoor)
- Optional: Scented or colored bubbles for sensory variety
- Supervision for safe and engaging play

WHAT TO DO:

- Mix 1 part dish soap with 6 parts water in a shallow container
- Optional: Add 1–2 tsp sugar or corn syrup for stronger bubbles
- Stir gently to avoid foam
- Use a bubble wand, straw, or pipe cleaner loop to blow bubbles
- Encourage children to chase, catch, and pop bubbles with their hands or tools

BENEFITS:

- **Enhances Motor Skills:** Builds hand-eye coordination and quick reflexes while popping bubbles.
- **Improves Visual Tracking:** Encourages eyes to follow fast-moving bubbles across the space.
- **Stimulates Sensory Play:** Engages multiple senses—touch, sight, and sometimes sound.
- **Teaches Cause & Effect:** Children learn that their actions can make bubbles pop.



HOW TO ADAPT:

- **Younger toddlers:** Use larger, slow-moving bubbles and let them pop with hands or feet.
- **Older toddlers/preschoolers:** Try smaller bubbles, wands, or multiple bubbles at once for a challenge.
- **Fine motor challenge:** Give tools like spoons, sticks, or fly swatters to pop bubbles.
- **Gross motor play:** Encourage jumping, running, or crawling to catch bubbles.

PLACING COINS

WHATS NEEDED:

- A child-safe piggy bank or container with a slot
- Real or plastic coins (large and safe for age group)
- Flat surface or play area
- Adult supervision (especially with small parts)
- Optional: trays or bowls for sorting coins.

WHAT TO DO:

- Provide a child-friendly piggy bank or container with a coin slot.
- Use real coins under supervision or plastic play coins for safety.
- Show how to hold and insert coins into the slot one at a time.
- Encourage repetition to build coordination and focus.
- Count coins aloud or sort by size and color to add a math element.

BENEFITS:

- Fine Motor Development – Strengthens finger control and coordination.
- Cognitive Skills – Encourages counting, sorting, & problem-solving.
- Focus & Patience – Promotes concentration and perseverance.
- Early Math Concepts – Introduces money awareness and basic math.
- Hand-Eye Coordination – Improves precision through slotting actions.



HOW TO ADAPT:

- **Younger toddlers:** Use large, chunky coins or tokens; focus on simple insertion into a wide slot.
- **Older toddlers/preschoolers:** Use smaller coins or tighter slots for a fine motor challenge.
- **Learning extension:** Encourage counting coins as they insert them or sorting by size, color, or type.
- **Creative twist:** Use piggy banks, jars, or homemade containers for variety.
- **Sensory variation:** Place coins in sand, rice, or a shallow tray to make retrieving and inserting more engaging.

FINE MOTOR SKILLS

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