



**60 Sensory
Minutes**

Section 2

FINE MOTOR SKILLS

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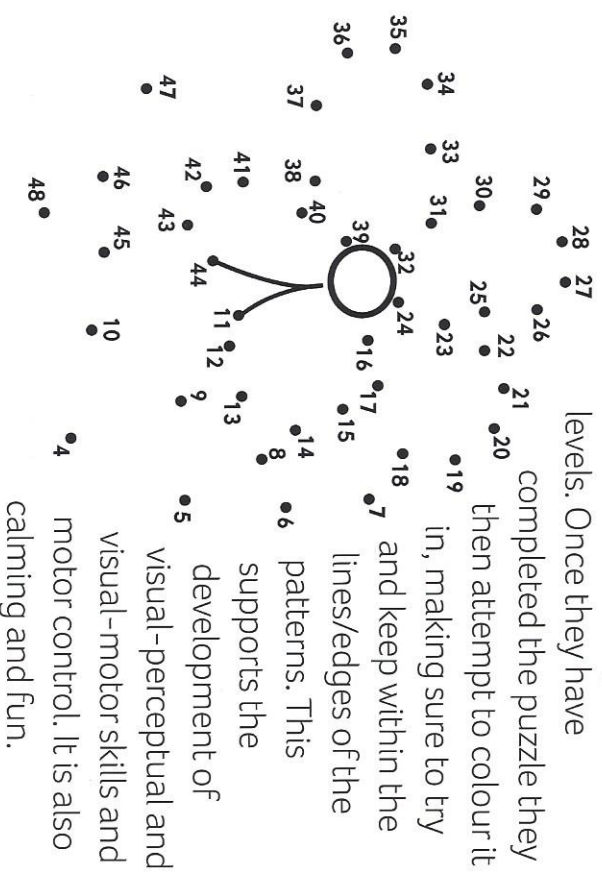
**60 Sensory
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SENSORY MINUTE

11

Dot-to-dot

The facilitator collect a range of dot-to-dot activities from easy to complex and allocates these to the children, differentiating for their skill levels. Once they have



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Sand town

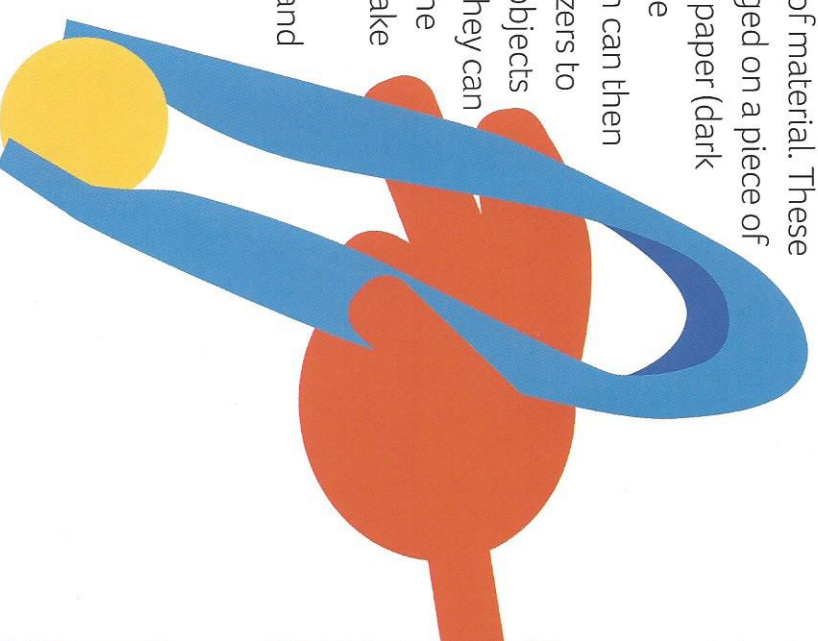
The facilitator will need to collect a box of sand or access a sand tray alongside a can or water. The children carve out a riverbed in the sand that will then be filled with water. Next they can build a sand town on either bank of the river. The idea here is to develop wrist strength and arch

formation as the children can **ONLY** use their hands to complete this activity – no spades allowed.



Tweezer challenge

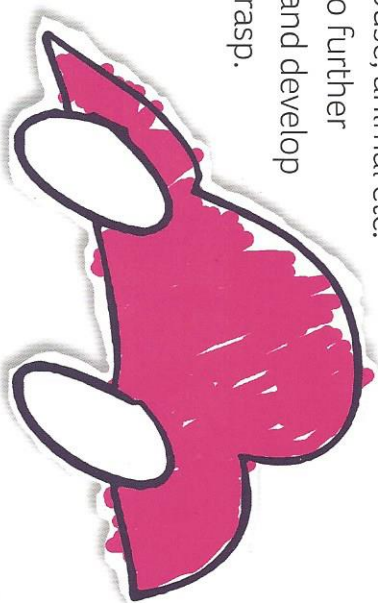
The facilitator will need tweezers, a large see-through plastic jar and a range of materials that might include rice, small beans, beads, small strips of paper and foil, cotton wool balls, beads and small pieces of material. These can be arranged on a piece of construction paper (dark coloured). The child/children can then use the tweezers to transfer the objects into the jar. They can be timed in the process to make this more competitive and a fun game.



Car wash

This activity needs a pipette, glue, an easel, plastic sheeting to cover the ground/floor, a jar, scissors, blue food colouring, a large sheet of white card and a picture of a car. The latter can be cut out by the child and stuck onto the card before being attached to the easel. The child can then mix the food colouring with the water in the jar (under supervision as appropriate) before using the pipette. This can be squeezed into the coloured water so it is filled up prior to squeezing drops onto the picture – creating the illusion of the car being washed! This can be adapted to make use of any object of choice for the child e.g. an umbrella, house, animal etc.

The idea is to further strengthen and develop the pincer grasp.



Pasta jewels

By choosing a variety of pasta (with different sized holes in the middle) and a selection of threads from very thick ribbon and wool to thin elastic and cotton, this activity can be easily suited to children's individual needs. It is also a very versatile activity and can be easily altered to match a child's interest. Children can make necklaces, super hero pasta belts, or pasta pet leads – whatever interests them most. The Facilitator will need the following: pasta, paint and thread/string/ribbon.

The children first paint the pasta. Once the pasta is dry then it's time for threading (always paint the pasta before threading it for best results). Enjoy!



PlayDoh Pizza

The facilitator will need to collect different coloured playdoh for this activity. The children can be asked to start by making a large pancake that will be the pizza crust. The facilitator can tell the children that they will need to make the toppings for their pizza! First, they can roll small bits of play dough into short, thin pieces using their fingers. This will be the shredded cheese, so they'll need a little handful of them to cover the pizza. Then they can roll the play dough into several small balls, again using their fingers. They'll then gently press the balls into small circles to make the pepperoni! They can gradually build up their pizzas, creating their own ideas for toppings too.

