

Fine motor skills activities and ideas

- Make and play with play dough- recipes attached
- Play dough disco
<https://www.youtube.com/watch?v=3K-CQrjIOuY>
- Make a necklace or bracelet. How many beads or buttons can you thread on a lace or string?
- Use a colander and pipe cleaners (string, wool would work as well). Can you thread the pipe cleaners through the holes? How many can you thread through in a minute?
- Can you make a chain of paper clips? Can you make a chain longer than a pencil, a ruler, a book or your table?
- Chop up straws into small parts. Thread onto string or ribbon to make a necklace or bracelet.
- Use pegs to hang out washing on a washing line. How many pieces can you hang out using two pegs?
- Can you fill the grid with circles and crosses? What pattern can you make?
- Build a den using sheets, string, pegs, clips can be inside or outside. • Finger fitness videos - https://www.youtube.com/watch?v=r2tBH_XyeJc • Scissor skills cutting out pictures from catalogues to make pictures, cutting out shapes to make vehicles etc.
- Following lines drawn on paper with buttons, coins, stones etc • Use cotton buds to paint using dots (names, tricky words etc) • Thread hoop cereal on to skewers or spaghetti. How many can you thread in a minute?
- Dot to dot pictures, colouring and mark making activities

Gross motor activities and websites

- Go noodle - follow along dances, mindfulness activities and kids Zumba,
<https://www.gonoodle.com/>
- Cosmic Yoga- a range of yoga activities of children to follow
<https://www.cosmickids.com/>
- The body coach for kids You tube
- Koo Koo Kanga Roo - dances (Reception children enjoy the Dino stomp)
<https://www.youtube.com/kookookangaroo>

Cloud dough

- Cornflour
- Hair conditioner
- Food colouring (optional)



Step 1: Gather your ingredients

Just use the cheapest conditioner you can find. Pick one that smells nice though to give your cloud dough a nice scent. You need 2 parts cornflour and 1 part conditioner. It's easy to use a cup to measure out 2 cups of cornflour and then add 1 cup of conditioner.



Step 2: Mix your cloud dough

Simply mix the cornflour and conditioner together. You can use a spoon at first. As you get near the end use your hands to knead the cloud dough into a ball. If the mixture is too sticky add a little more

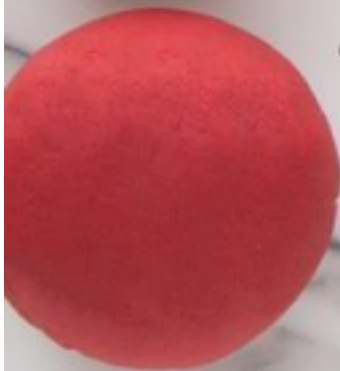
cornflour.



Step 3: Add some colour

You can keep your cloud dough white if you like. If you want to colour it pop a few drops of your chosen food colouring into your mixture and knead it together.

Playdough



1 cup flour
2 tsp cream of tartar
1/2 cup salt
1 tbsp cooking oil
1 cup water
food coloring

Mix food coloring with your water first. Then add the vegetable oil and water with food coloring to a large pot. Add the dry ingredients to your pot and mix well. Cook over low to medium heat until the dough starts to form and becomes dry. Once it starts to form a ball take off the heat. Once cool, knead for 5 minutes.