

## **Fine Motor Skills At home**

Beat/whisk eggs  
Butter bread  
Clean tabletops  
Clean vertical surfaces with cloth  
Crack eggs into bowl  
Crack nuts with nutcracker  
Cutting (see exercises for using a scissors)  
Dip into jam, yoghurt, and other kinds of dips.  
Fill salt/pepper shakers  
Fill ice-lollipop moulds  
Fold dish cloth / table cloth  
Grate orange peel/cheese  
Grind pepper corns/coffee beans  
Make sandwiches  
Mash banana with fork  
Measure flour  
Mix flour with hands  
Mix flour with wooden spoon  
Open bags (crisps/raisins/currants, etc.)  
Peel orange/hard boiled egg with fingers  
Peel apples/potatoes with peeler  
Pick up raisins / Rice Krispies using pincer grip  
Pick up raisins, grapes, olives, sausages or cheese cubes using toothpick  
Pour liquid from one container to another  
Pull weeds  
Roll pastry / play dough / meatballs  
Rub margarine into flour with thumb and fingertips  
Scoop flour/ice cream/detergent/jelly/cooked rice into cup  
Scrub tabletop / worktop  
Scrunch tinfoil with dominant hand  
Shake containers filled with rice  
Snap matches/spaghetti/toothpicks  
Spoon sugar/flour from one bowl to another  
Spread butter/soft cheese using knife/spatula  
Sprinkle chocolate from a shaker  
Squeeze a squirt bottle (wash-up liquid / shower gel)  
Squeeze orange for juice  
Squeeze wet sponge  
Stick cocktail sticks in sausages  
Tear, break, snap (lettuce/carrots/banana, etc)  
Use chopsticks to pick up sliced vegetables/meat  
Use different types of spoons for stirring movements  
Use egg beater  
Use egg slicer  
Use flour sieve

Use fork to pick up sliced vegetables/meat  
Use plastic garlic crusher with play dough  
Use salad tongs  
Use vegetable peeler  
Use whisk  
Whip cream  
Wipe plastic dishes/table  
Wrap apples or potatoes in foil for baking

**Commercial Games:** Darts (Velcro tipped), Game of 'rings', Jenga / Lego / Operation /  
Mastermind / Dominoes / Connect Four / Battleship / Paint by Numbers / Marbles / Twister /  
Marble maze / Octons

Brendan Culligan