



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Therapi Galwedigaethol Plant
Canolfan Iechyd Plant Wrecsam
Ffordd Croesnewydd, Wrecsam LL13 7TD

Children's Occupational Therapy
Wrexham Child Health Centre,
Croesnewydd Road, Wrexham LL13 7TD

Fine Motor Skills 2

Art

- Pegs around paper plate people
- Cutting shapes
- Stickers
- Gluing
- Using a ruler
- Drawing and colouring
- Painting



Creative

- Make playdough
- Make slime
- Baking
- Putty programme
- Cards
- Balloon toss
- Finger knitting
- Junk Modelling – using Sellotape
- Jewellery – Threading necklaces/bracelets



Construction

- Lego
- Jenga
- Knex
- Meccano
- Building blocks
- Nuts and bolts
- Spaghetti – Use pieces of dried spaghetti and marshmallows to create structures.



Music

- Drumming session (fingers or set of pans)
- Keyboard
- Castanets
- Guitar



Games

- Pick up sticks
- Marbles
- Pegs
- Water fights
- Tongues
- Jigsaws
- Tiddlywinks
- Thumb war game
- Jigsaw Puzzles
- Operation



Everyday activities

- Buttons
- Zips
- Open jars
- Open packets of sweets
- Turn taps on and off
- Squeeze toothpaste
- Peel fruit
- Peel lids off things like yoghurts
- Hang washing on line
- Plant seeds in the garden
- Pairing socks

