



SMALL MUSCLE DEVELOPMENT



ACTIVITY IDEAS



Babies

- Play with muffin trays or egg boxes. Allow your Little one to put items into the trays and then get your baby to remove and replace the items.
- Painting with corks (Stamping). Make flowers, patterns, animals.
- Pull a scarf out of a jar or bottle.
- Make a block tower for your Little one to knock over with a wooden spoon.
- Put pom poms into a baking whisk. Let your baby try to get them out!
- Play with play dough. You could make small balls or stick things into the playdough for your baby to then pull out.
- Make a posting tin using a formula tin and bottle lids.
- Roll items on a tray. Babies must follow the items with their eyes and try to grab the items.
- Let your baby feed themselves small finger foods. Don't worry if it's messy!
- Put a sticker on your nose and let your baby pull it off!
- Foot painting!
- Play with rainbow spaghetti. Cook your spaghetti, split the spaghetti into ziploc bags with food colouring, mix it up and rinse it!
- Make some jelly with small toys inside. Once the jelly is set, allow your baby to find the toys



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Toddlers

- Rainbow threading. Paint chunky pasta pieces and thread them onto a piece of string to make a necklace.
- Pom pom colour push. Use different colour pom poms and different shaped containers. Match and Push pom poms into the correct colour container.
- Playdough. Why not stick straws, large beads, hair curlers into the playdough.
- Make a fruit stick and then allow your toddler to eat it.
- Pipe cleaners and colanders. Thread pipe cleaners through the holes in a colander.
- Painting with Q-tips or earbuds.
- Sorting games using an egg box. Find an egg box and allow your toddler to fill the egg box with a variety of small items.
- Tearing and sticking rainbow paper collage.
- Water play. Squeezing sponges, pouring, splash the water and use a spray bottle.
- Create a 2-3 piece puzzle. Colour in a picture, cut it up and put the puzzle back together.
- Threading oats or any other cereal onto raw spaghetti. Finger rock paintings.
- Picking pom poms up with our toes.



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Big Kids



- Make a Lockdown family craft/keepsake. Make salt dough (be sure to let your child mix and knead the dough to give those small finger muscles a good work out). Once ready, roll out dough to about 1-1.5cm thick. Let the whole family make hand prints in the dough. Let dry, paint and decorate!
- Pre-readers and readers- peg Letter matching. Write out simple words for your child on a card (cereal boxes work well!) Next write Letters on pegs. Let your child peg the card by matching the peg Letters. This is a great way to practice Letter sounds, sight words and sequencing.
- Write chalk Letters on a vertical surface (E.g. Outside wall). Then do some magic! Let your child 'paint' over the Letters with water and make them disappear. Now let your child redraw the Letters and do the trick all over again.
- Shape Letters out of playdough. Try to write the names of your whole family. How about you make a playdough person for everyone?
- Practice scissor skills! Draw simple lines (straight, wavy, zig-zag) on paper and give your child blunt nose scissors and practice cutting. NB: always supervise cutting!! Draw simple shapes on coloured paper. Let your child cut them out. Use your shapes to make a new picture! Could you make a house? Or a car?



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Big Kids



- You can also practice your cutting skills with play dough! Make a long sausage shape and cut into pieces. Or practice fractions by cutting circle shapes with a blunt knife. Use this activity to teach them about halves and quarters.
- Do you have a random collection of buttons in your sewing drawer? Give them to your child with some pipe cleaners and ask them to make you some lockdown jewellery by threading the buttons into the pipe cleaners and shape them into circles for bangles.
- Exercise your mouth muscles by blowing bubbles. Make your own bubble solution with dish soap and water. Cut off the bottom of a plastic bottle, cover the open end with a sock, secure with an elastic band and blow bubble snakes! NB: always supervise this activity. Do not allow your child to swallow the soap solution!
- Think of an activity that will exercise the small muscles of the feet. Perhaps hang string on a line just out of your child's reach (so they must stand on their toes) and hang objects on it for them to collect. Reverse the activity and let your child hang objects on the string. Think of things like streamers or paper strips or even the washing.
- Draw a chalk creature on a wall and let your children 'defeat' the monster by spraying it with water guns or spray bottles.