

Fine motor skills, Art and Relaxation

Mosaic Art



Mosaic Art is a really fantastic way to relax and have some chill out time whilst doing some art. These activities are great for number recognition and fine motor skills.

They are available on Amazon – search ‘Kids Mosaic Art’ and you can find one relevant to your child’s interests!

Likewise, you could cut out your own small squares and circles to create your own mosaic!



Threading



Threading is another fantastic way to work on those fine motor skills and can be relaxing too (once you get the hang of it)!

These are also available on Amazon; search ‘First Lacing Pictures’ or have a look around in you require something a bit trickier. If you’ve mastered this, maybe you could try sewing?

