

# Nursery Finger Home-Gym Activities

<p>Cut up some pipe cleaners and then pick them up using a lint roller or a pair of tweezers or tongs and put them into bowls or containers.</p>	<p>Collect some stones and then use crayons, chalk, pencils or pens to draw different patterns or faces on them.</p>	<p>Paint a picture of your favourite place or toy using cotton buds. You could use water with food colouring if you don't have paint.</p>
<p>Cut a hole in a lidded box or tub to make a bank and feed it buttons or coins. Can you draw a face on your box/tub?</p>	<p>Hole punch around the edges of a paper plate or a circle cut out of a cereal box. Thread wool or string through the holes to make a spider web. What could you use as a spider?</p>	<p>Cut up some straws and thread them onto wool, string or ribbon to make a necklace.</p>
<p>Pour dried rice, lentils/pulses or pasta into a bowl or on a tray and use spoons to fill some empty bottles. You could use a funnel too, if you don't have one make a cone funnel out of paper.</p>	<p>Wind rubber bands around everyday items such as a hairbrush, a pasta spoon, a whisk, an unusual shaped ornament or an old plug. What else can you find around your home that could be used for this activity?</p>	<p>Find different sized bottles or jars (preferably with lids, but not essential). Put small objects such as coins, buttons, pasta, pompoms, stones, beads or sequins into a bowl and use your fingers to sort them into the bottles/jars. Can you create a picture or pattern with these loose parts?</p>
<p>Make playdough and find things that will make a pattern when pressed or rolled in the dough. Can you make playdough balls using your fingers or hands?</p>	<p>Stand a piece of dried spaghetti upright in a lump of bluetac or playdough. Can you stack some buttons or beads onto the spaghetti? You can do this with Cheerios too.</p>	<p>Make a tower or construction using toothpicks and balls of playdough or bluetac.</p> 