

Comic Relief - Red Nose Day: Fine Motor Skills Activities Challenge Cards

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Comic Relief - Red Nose Day: Fine Motor Skills Activities

Red Nose and spoon

Place a Red Nose on a spoon and walk across the room and back without dropping it.

Make easier

- Use a bit of sticky tack
- Use a bigger spoon

Make harder

- Use a teaspoon
- Put an obstacle in the room to walk around
- Go up a step

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Red Nose catch

Throw a Red Nose up in the air and catch it.

Make easier

- Use both hands
- Use a bigger ball

Make harder

- Use non-dominant hand
- Do as many as possible in a minute
- Throw it back and forth with a friend

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Red Nose pick up

Try to pick up your Red Nose with kitchen tongs.

Make easier

- Use fingers
- Use two hands

Make harder

- Use non-dominant hand
- Change grip on tongs by using different fingers.
- Use tweezers.

Threading red beads

Thread red beads on to a pipe cleaner.

Make easier

- Use big beads with a big hole in the middle

Make harder

- Use non-dominant hand
- Use string or cotton

Playdough Red Nose

Make a playdough Red Nose.

Make easier

- Premould playdough
- Use a larger amount

Make harder

- Knead
- Squeeze
- Squash
- Roll
- Cut out circle shape

Red ribbon threading

Thread a red ribbon in and out of the holes in a plastic mesh fruit bag.

Make easier

- Use a mesh reusable shopping bag with larger holes

Make harder

- Use string or cotton

Make Red Nose dust

Mix play sand with red glitter and put it in a shallow plate and draw Red Noses in it.

Make easier

- Premix the sand and glitter
- Put a thin layer on the plate

Make harder

- Don't premix the sand and glitter
- Put it in a deeper bowl

Red Nose shaving foam

Mix shaving foam and red paint together in a bowl, make Red Nose patterns with your finger.

Make easier

- Premix the paint and foam
- Stir the foam only

Make harder

- Make 3D red noses
- Whisk the foam

Red Nose faces

Draw faces on a piece of paper and give them Red Noses by dipping your finger in red paint and making fingerprint noses.

Make easier

- Predraw faces
- Predraw area for the red nose finger print

Make harder

- Use a second colour and finger to make eyes

Floating Red Nose

Float a Red Nose in a bowl of water and try to pick it up with chopsticks.

Make easier

- Use fingers
- Use kitchen tongs

Make harder

- Use tweezers
- Use non-dominant hand

Red Nose squirty painting

Put red paint in a syringe and squirt it out on paper to make a Red Nose picture.

Make easier

- Support the child with the syringe

Make harder

- Don't prefill the syringe

Red Nose chopstick catch

Catch a Red Nose on a chopstick. Throw the Red Nose in the air, how many times can you catch it in a minute on the chopstick?

Make easier

- Allow two minutes
- Catch in the hand

Make harder

- Throw the Red Nose higher
- Throw to a partner
- Catch on a blunt toothpick