

FINE MOTOR SKILLS OLYMPICS

Split participants into two teams and move as quickly as you can along the row of activities, completing the tasks with your non-dominant hand. The next participant in a row can start when the participant before them reaches the 3rd obstacle (half way).

Join in if there are uneven teams and pull another member of staff in to compete against you if not - your participants will love it (especially if you cheat!)

TWEezer & RICE

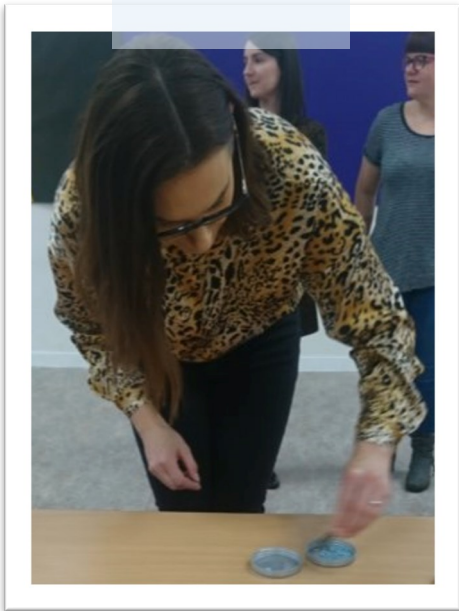
TWEAKING

RESOURCES

- (for two teams)
- 4 X lids or small bowls
- 2 X tweezers
- 10 x rice grains

ACTIVITY

Using tweezers move 5 rice grains from one lid to the other, and then back to the start.



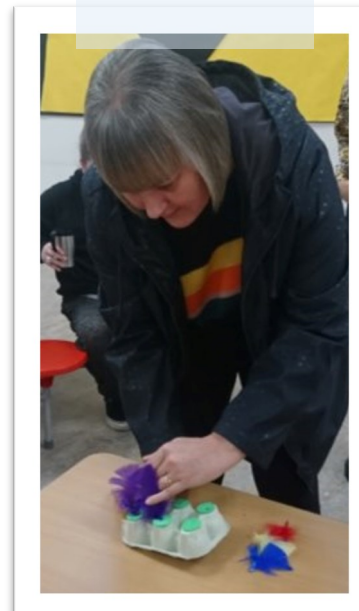
FEATHERY FINGERS

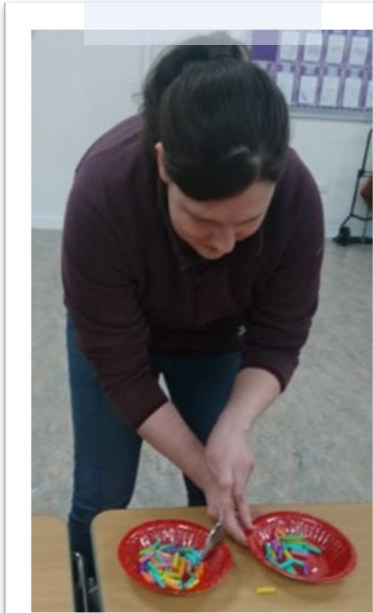
RESOURCES

- (for two teams)
- 2 x egg boxes
(small holes punched on top))
- 12 x coloured craft feathers
(strong shafts)

ACTIVITY

Using pinkie and ring finger, lift feathers out of the carton and then replace them.





PASTA POLAVA

RESOURCES

(for two teams)

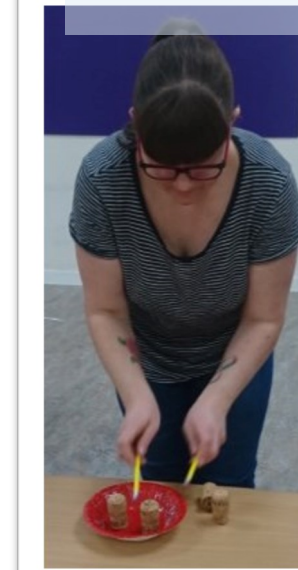
4 x small bowls

2 x spoons

10 x dry pasta tubes

ACTIVITY

Use the spoon to move the pasta one piece at a time into the other bowl and then move back.



CORK CAPER

RESOURCES

(for two teams)

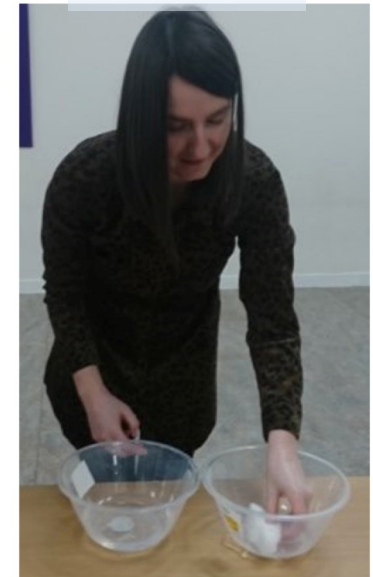
2 x small bowls

4 x chopsticks

8 x corks

ACTIVITY

Use the chopsticks (any way you like) to take 4 corks out of the bowl and then return them one at a time.



WATER WIPEOUT

RESOURCES

(for two teams)

4 x medium sized bowls

2 x small sponges

An amount of water

ACTIVITY

Use the sponge to squeeze the water from one bowl to the other. Any drips carry a five second penalty!

**All of these ideas can be modified
or you could come up with
interesting ideas of your own.**

**For large groups double the
number of teams and resources.**