

Fine Motor & Quiet Activities

Providing quiet activities in your classroom

Rationale: A designated area with a variety of quiet activities accessible to students individually or in small groups. These activities are often repetitive, rhythmical tasks that calm them by hyper-focusing. This uninterrupted time alone provides the ideal environment for students to rest while awake so they can recharge.



[Video Capsule](#)

Quiet activities: Are soothing and calm the brain. They encourage reflection and promote self-awareness. During this time students can process, organize and solidify information. These activities can be a great brain break for those students who don't respond well to high-energy physical activities.



Who benefits from this:

- Students that are emotionally charged
- Students that are hypersensitive
- Students that need support 'shifting gears'
- Teachers – Provides opportunities to observe student's interests, and challenges.
- The class group – Provides respite

Fine motor activities: Provide sensory input via the senses and prime focus and concentration. Students build their hand and eye coordination while enhancing their creativity.



Who benefits from this:

- Students with high sensitivity and /or are anxious
- Students who require more time to switch gears or transition to another activity
- Teachers – Have a moment to prepare materials or speak individually to a student
- The class group – Able to slow the day down and shift their focus.



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Elements to consider:

- These fine motor and quiet activities can be a great brain break for students who don't benefit from high level energy activities.
- If a student is too emotionally charged, they may benefit better from an emotional release activity instead. [Emotional Release activities](#)
- Be careful to select age and difficulty appropriate activities to avoid further frustration.
- For tier 3 students, these activities need to be personalized to assure they don't trigger them further. The use of the personal bin can come in hand to store their favorite re-centering activities in the NSC. <https://www.cebmmember.ca/personal-bin>

Examples of quiet activities:

- Mandalas
- Connect the dots
- Mazes
- Colour by numbers
- I Spy
- Find the differences
- Path tracing
- Word searches
- Origami
- Puzzles

Examples of fine motor activities:

- [emotion-playdough-mats](#)
- [Dough-numbers](#)
- [Hole-Punch-Fun](#)
- [Goldfish-Tongs](#)
- [Caterpillar-Mat](#)
- For additional ideas, consult the fine motor section in the [Building and Creating](#) document