

## Fine Motor Activities

Fine motor skills enable us to work with the 'small' muscles in our body and enable us to take part in tasks such as writing, drawing, cleaning our teeth, cooking and dressing.

- ❖ Link the activities to your child's age and developmental needs.
- ❖ Scrunching up paper into as tight a ball as possible and flicking the ball at targets.
- ❖ Hanging up items with pegs.
- ❖ Cooking tasks such as rolling out dough and making balls with pieces of dough, mixing, spooning, spreading.
- ❖ Emptying a bowl of water by squeezing out the water with a sponge until the bowl is empty.
- ❖ 'Sky writing' by making letter shapes in the air.
- ❖ Use hand movements to support communication (e.g. Makaton Signing, 'Singing Hands' on Youtube and making letter shapes with hands).
- ❖ Tracing lines, shapes and letters with a pencil.
- ❖ Use tweezers/tongs to pick up small items such as buttons, pieces of fabric, cotton wool, dried food (pasta), magnetic letters/numbers, Lego etc. Pick items up and put them in a pot/move from one pot to another.
- ❖ Threading activities - can use wool, string, shoelace, pipe cleaner.
- ❖ Building with resources such as Lego.
- ❖ Theraputty/playdough activities. [Dough Disco](#) is great fun.
- ❖ Jenga and Pick up Sticks are fun games to play.
- ❖ Tear pieces of paper and then make a collage with them.
- ❖ Peeling stamps and stickers to create pictures is great fun.
- ❖ Puzzles.
- ❖ Blow bubbles and encourage the child to reach forwards, to the side, across the body, or using alternate hands to pop the bubbles. Alternative use a balloon.

- ❖ Paint or paste using fat paintbrushes.
- ❖ Use chunky crayons and pencils for free drawing.
- ❖ Play/sing Tommy Thumb and Two Little Dickie Birds.
- ❖ Use playdoh to make patterns by poking fingers to make holes.
- ❖ Use toys that need a button to activate them.
- ❖ Wet and dry sand play.
- ❖ Water play using equipment for transporting and pouring.
- ❖ Spray bottles and sponges - this can be linked to science, art and maths.
- ❖ Drawing in sand, shaving foam, paint with fingers or small equipment - encourages finger isolation.
- ❖ Bubble wrap - good fun activity to pop the bubbles. Can they use their hands, pegs or tweezers? Which one is easier?
- ❖ Feeling objects in a bag to identify what they are - can include in hand manipulation and thumb opposition.
- ❖ Opening and closing bottle lids.
- ❖ Pointing, finger puppets, tracing with finger, musical instruments, finger football, finger songs and finger painting will encourage the pupil to focus on finger isolation.
- ❖ Origami activities encourage bilateral co-ordination.
- ❖ Make fist with both hands then open fingers as wide as possible and stretch out. Repeat 3-4 times.
- ❖ Place hands palm down under your thighs, flat on a chair. Gently rock from side to side. Straighten elbows, push down through hands and lift bottom off chair.
- ❖ Place palms together with fingers interlocked. Position hands in front of you with palms facing outwards. Push away straightening the elbows.
- ❖ Hold hands in a 'prayer' position and gently lower forearms onto the table, keeping hands and fingers in the 'prayer' position.
- ❖ Shake arms, hands and fingers.
- ❖ pdnet <https://pdnet.org.uk/resources/effective-practice-hub/>