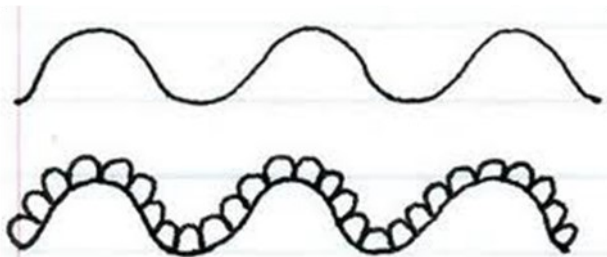


Pencil control skills



- Colouring in, focusing on marking a specific area of the picture
- Colouring in, focusing on staying between the lines
- Draw around own or others hand, trying to stay close to fingers
- Draw around stencils, trying to follow contours of shape
- Draw circles of various sizes, with control
- Follow straight tramlines, staying within boundaries
- Follow wavy or zigzag tramlines, staying within boundaries
- Trace then copy wavy lines with control
- Trace then copy zigzag lines with control



Fine Motor Skills

Suggestions for

Parents/Carers at Home

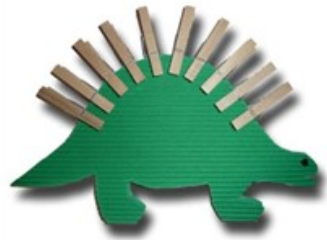


What are Fine Motor Skills?

Writing, drawing, picking up small objects, using scissors, threading and tying shoelaces all use fine motor skills. These skills involve manipulation of the hands and fingers. They develop in a continuous process from birth to adulthood.

Clothes pegs

- How many can the child peg around a box, paper plate or an animal shape (dinosaur/hedgehog) in 1 minute?
- Who can peg the most if playing against a friend/parent/sibling etc. ?



Finger footie

- Improvise goals on each side of the table. With a friend, sit facing one another.
- Roll up some plasticine and use their index and middle finger as the footballers' legs, kicking the ball to score goals.
- Use different objects as the ball. The heavier the object, the harder the muscles have to work.



Strengthening hands and wrists!



Tearing paper for collages



Wind up and squeaky squeeze toys



Build a model with lego



Tiddlywinks



Spinning tops

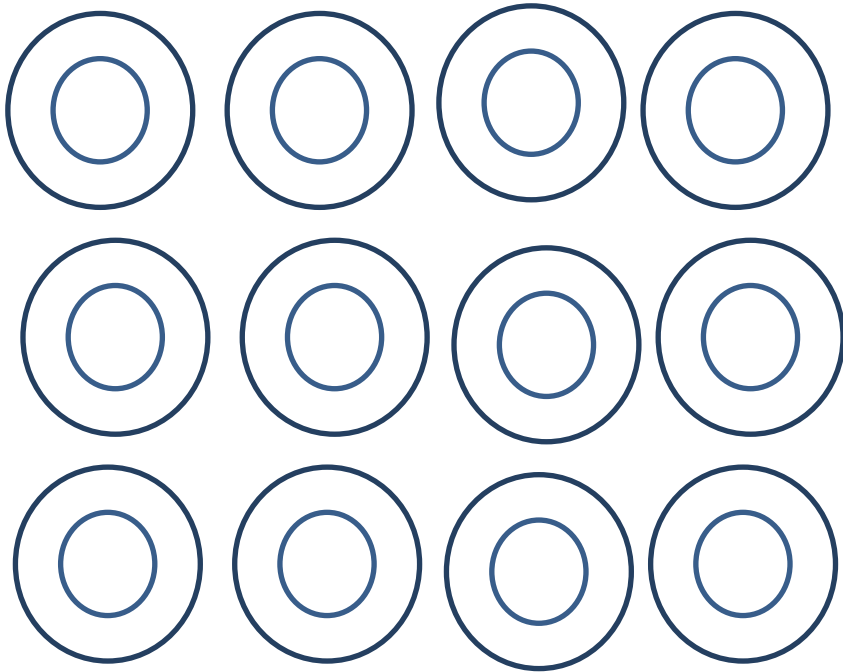


Water spray bottles
Water the plants, in the bath, spray an outside wall or each other!



Criss cross circles

- Ask the child to make crosses as fast as they can within the circles. (They should be big enough to fit within the larger circle and must not go outside it.)
- How many Xs can be made in 1 minute?
- Instead of Xs, make a circle between the inner and the outer circles.
- Can they put Xs in the small circles?
- Colour in the small circles



Playdough

- Encourage the child to pull, squeeze, roll, twist it etc.
- Try using the palms of their hands, other times using their fingertips.
- Prick out designs using cocktail sticks in the dough.



Playdough recipe



- 3 cups of flour
- 1 cup of salt
- 3 tablespoons cream of tartar
- 3 tablespoons oil
- 3 cups of boiling water

To change colour just add food dyes. Small objects such as glitter can also be added.

Paper clip chains

- How many paper clips can they join together?



Hole punch

- Use an individual hole punch around a piece of card.
- Can they thread wool/ribbon through these?



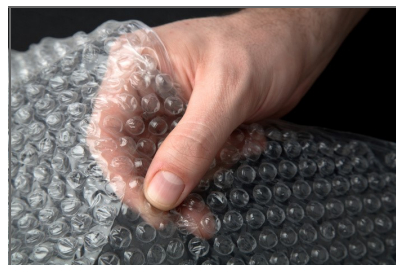
Tweezers

- How many small beads can they pick up in a minute with large tweezers?



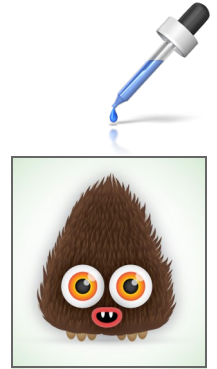
Bubble wrap

- How many bubble wrap bubbles can they pop?



Melt monsters

- Draw monsters with felt tip pens.
- Using eye droppers drip water on them and watch the monsters 'melt'.



Tennis ball mouth

- Cut a mouth in a tennis ball for the child.
- Can they squeeze the ball with one hand to make the mouth move?
- Can they pick up objects with the mouth?



Water challenge!

- Ask the child to transfer water from one bowl to another using a sponge.
- Demonstrate how to soak up the water from the first bowl, and then squeeze it into the second bowl.
- Ask them to practice making a closed fist without the sponge first, then with it.

