

Fine motor activities

Fine motor skills are important for self-care tasks like dressing, toileting, brushing our teeth, using cutlery, and opening lunch boxes, academic skills like writing, cutting, and pasting, as well as leisure activities like using puzzles, blocks, and painting.

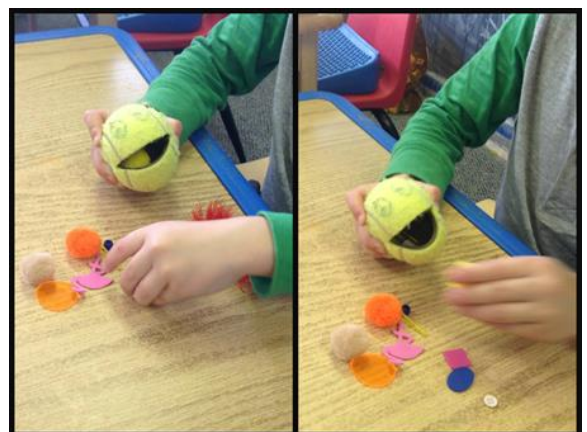


Peeling stickers or sticking pipe cleaners or sticks through a colander helps to get both hands working together (bilateral coordination). One hand works as the “working hand” and the other as the “helper hand”. Peeling stickers also gets children practising their pincer grasp.



Stretching rubber bands around something is good for coordination skills and increasing strength.

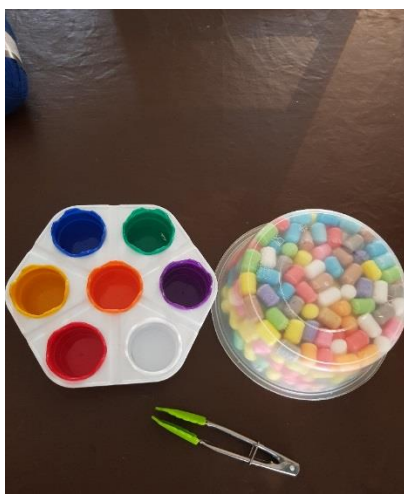
Squeezing a tennis ball to open and release the items placed in the mouth can help to improve strength. This activity can be done with marbles or any other items you have at home or kinder.



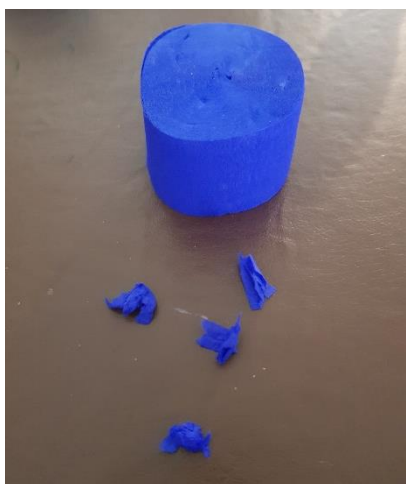
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Activities with paper clips support development of pincer grasp, finger isolation, and bilateral coordination. These are essential skills needed for pencil grasp and scissor skills.



Tongs, tweezers, scoopers, and squeeze bottles are all great ways to develop squeeze action necessary for using scissors and for developing strength and coordination skills.



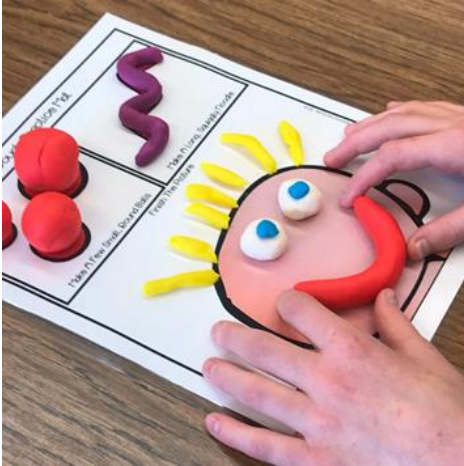
Scrunching paper is a great way to build hand strength and practise using both hands together. Encourage children to scrunch things like old newspapers, junk mail, and tissue paper.



Using pegs can help with coordination, strength, and practising pincer grip.

- Peg around the edges of an ice cream container as fast as you can. Try using one hand to peg and the other hand to hold the container still.
- Peg clothes onto the washing line or clothes horse.
- Use pegs to hold pompom balls and paint with them.

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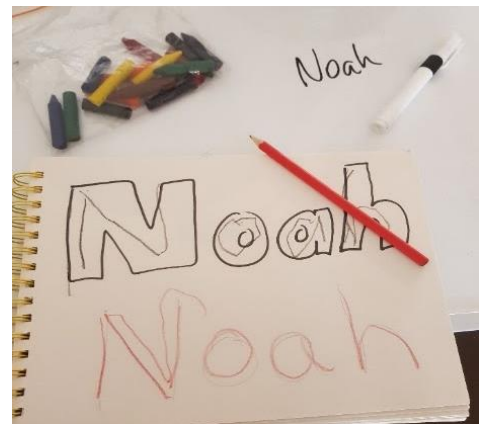
Pushing, pulling, squeezing, rolling, chopping, and cutting playdough build strength and coordination in different ways.

You can:

- Add scissors and tools to your playdough play
- Hide marbles and buttons to find in large pieces of dough
- Start to form letters or your name
- Make objects like animals, flowers, pizzas, and snails

Using textas, pencils, and crayons practises drawing skills. Encourage them to draw pictures of their family, favourite animal, rainbows or anything they enjoy.

Tracing, colouring in, and copying help children to practise their pencil control.



Holding coins in your hand and feeding one coin at a time into a moneybox develops in hand manipulation skills and strengthens the muscles within the hand. You could cut a slit in the top of a container or box to do this activity.

Nuts and bolts are great for grasping and turning. They can be used to practise sorting by finding the nut that fits the bolt.

Holding and twisting helps to work the small muscles in our hands.

