



## Busy Fingers — Developing fine motor skills

### Activity ideas for each area of fine motor skills:

#### Whole arm

- \* Painting at an easel/ water painting the fence
- \* Climbing
- \* Raking up leaves, shovelling dirt or sand

#### Whole hand

- \* Filling and pouring cups of water, rice or sand (bath time play)
- \* Scooping up sand, digging in the garden
- \* Scrunching up newspaper balls

#### Pincher & pincer grip

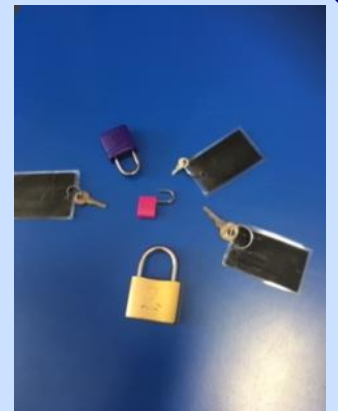
- \* Picking up things with tongs or tweezers
- \* Building and connecting smaller sized blocks
- \* Threading beads, pasta, buttons etc
- \* Making smaller things with playdough using pinching & rolling movements

**Fine motor skills** are the ability to make movements using the small muscles in our hands and wrists. Fine motor skills are needed for many school related tasks such as writing, drawing and using tools such as scissors, as well as in everyday life, for example doing up a button or fastening shoes. Fine motor skills are built on gross motor skills that allow us to make bigger movements. Here are some activity ideas that you can do with your child before starting school to improve fine motor skill development. Have fun!

#### Whole arm



#### Whole hand



#### Pincher and pincer grip



**Useful household items** \* Pegs \* Newspaper \* Bubble wrap \* Cereal, rice, pasta and marshmallows \* Eye droppers \* Coins \* Tweezers/tongs \* Playdough \* Pipe cleaners \* Colander (for threading through, water/sand play)

\* See Cream of tartar container for an easy playdough recipe