

Clever Fingers - Ideas for Fine Motor Skills

We have been working hard to develop our fine and gross motor skills at school. Here are some of the activities that we do which you could also do as activities at home.

What are fine motor skills? – The coordination of small muscle movements that occur in the wrist, hands, fingers, toes and feet. They help us to pick up objects between the thumb and finger, write carefully and even blink.

What are gross motor skills? – The movement and coordination of the arms, legs and other large parts of the body. They help us with actions such as swimming, running, crawling etc

These two skills work together so we can coordinate our body.

Specific skills different activities focus on:

- B** **Bilateral.** Activities that use both hands.
- O** **Opposition.** Activities that use finger-to-thumb movements (e.g. pincer grip).
- St** **Strengthening.** Activities to develop hand strength.
- M** **Manipulation.** Activities that require hand and finger movements and grips.
- Sp** **Spatial.** Having an understanding of personal space.

- **Rubbings** **B O St**
 - Coins / leaves / textured raised wallpapers and different graded sandpaper
 - Extend – alter the angle of the work surface



• **Bubble Wrap** O St

- Use a range of different size bubble sheets
- smaller bubbles first. Check they can pop them with two fingers before moving up to a bigger size.
- Bigger bubbles require more strength to pop.
- Encourage finger isolation movements by getting the child to pop bubbles with different fingers



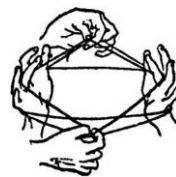
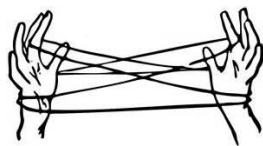
• **Building Bricks** O Sp

- Start with stacking larger and therefore more stable bricks.
- Extend – change the size of the bricks and add a time limit
- Develops eye-hand co-ordination, muscle strength and tone



• **Cats Cradle** B M Sp

- A challenging activity that is more likely to appeal to and suit older pupils. Avoid this activity if a pupil really struggles with their spatial awareness and using both hands together.



• **Clothes Pegs, Bulldog Clips** B O St M Sp

- Different textured and material pegs
- Pegging/clamping a clip onto another object or surface develops eye-hand coordination.
- Use vertical and horizontal surfaces to develop stability and control



- **Construction Toys** **B** **O** **St** **M** **Sp**
 - Lego, Duplo, K'Nex
 - Develops Bilateral skills, Hand-Eye co-ordination and spatial awareness.

- **Finger Football** **M** **Sp**
 - Marbles, ping-pong balls, cotton wool balls or screwed up paper
 - Flick the marble across the table
 - Direct the ball into a target area
 - Develops eye-hand coordination, visual attention and spatial awareness

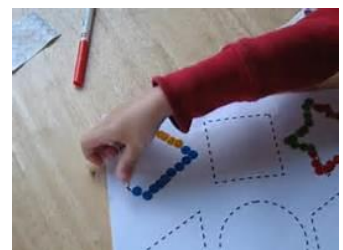


- **Jigsaw Puzzles** **B** **O** **M** **Sp**
 - Develops visual perception and fine motor skills

- **Modelling** **B** **O** **St** **M** **Sp**
 - Plasticine and Play-Doh
 - Pinching, rolling, squeezing, cutting, plaiting the material
 - Create objects or animals and guess what the other has made
 - Develops strength in hands



- **Stickers** **B** **O**
 - Creative enjoyable activity
 - Create sticker pictures - use a blank template and form the picture using stickers
 - Make a picture using stickers
 - Pinching skills
 - Tactile and developing strength in hands and fingers



- **Threading Activities** **B** **O** **M** **Sp**
 - Different objects such as buttons, beads, pasta and thread onto pipe cleaners, washing line, pencils, shoelaces etc
 - Start with threading larger objects then smaller ones
 - Extension: hold the thread vertically and horizontally
 - Create patterns
 - Following instructions - adult calls out the colour/object to thread



- **Tongs and Tweezers** **O** **St**
 - Develops strength and stamina and develops pincer grip
 - Change size of tongs - start with larger tongs then small tweezers
 - Change size / weight / shape of object
 - Games such as 'Operation'



- **Stress' Balls and Squeezable Toys** **St** **M**
 - Good for pupils with low attention
 - Develops hand strength



If you have any questions or would like to find out more about fine motor skills please contact the class teacher in the first instance, Mrs Millington or Mrs Warner.