

Suggested activities to develop 'Fine Motor Skills'

1. Finger rhymes!
2. Playdough - make shapes, roll sausages, flatten, cut with a knife (and fork), pick up balls with a spoon, squeeze, pinch, squash, make spirals from sausage shapes.
3. Plasticine - as above, but much harder to use than playdough.
4. Threading - e.g. pasta on string.
5. Tweezers or tongs (Mothercare do some to pick up sterilised bottles). Use to pick up ... anything!
Pasta, buttons, smarties, satsuma segments, lentils, marbles, conkers, coins.
6. Spoons - use to pick up anything! Ice cubes is good fun!
7. Any construction equipment develops FMS. Duplo, lego, mobilo, wooden blocks, stacking cups.
8. Jigsaws, playing cards
9. Folding paper e.g. make a fan.
10. Making cakes (stirring, beating, spooning, icing), making biscuits.
11. Tracing in sand (shallow cat litter tray from Wilko's), tracing in shaving foam.
12. Cornflour fun.
13. Using pegs - clip on card, paper, clothes.
14. Doing up buttons.
15. Paint brushes and buckets of water.
16. Gel boards / Etch a Sketch /Spirograph
17. Pouring water in the bath using jugs, funnels, different sized containers.
18. Washing up dishes, drying up, polishing!
19. Finger paints, any painting, tubes of glitter glue.
20. Leaf rubbings, rub over paper doilies, surfaces in the garden.
21. Winding wool - into a ball, around a piece of card, around a twig/small branch.
22. Dressing dolls.

Suggestions for pencil/paper work: Use crayons, pencils, chalks, fluorescent pens, biro, occasionally use felt pens, but these need very little pressure...

Check child holds the pencil/pen correctly in a 'tripod' grip ...

1. Draw lines, horizontal and vertical.... Draw circles, clockwise and anti-clockwise, draw wavy lines, zig-zag lines, figure of 8's, any patterns.
2. Draw inside stencils/around templates.
3. Tracings, colouring, dot to dot.

When your child is ready for writing letters:

Adult can write their child's name with a yellow felt pen or fluorescent pen, for child to write over. Make sure they start the letters in the correct place. See sheet for letter formation....

When you want to practice cutting:

Make sure they are holding the scissors correctly ... thumb on top, first finger is the 'guide finger' that goes under the scissors; second finger goes in the other scissor hole at the bottom.

1. Expect your child to 'snip' at the paper at first...
2. Adult hold the paper and draw a line for them to cut along that is in the middle of the page you are holding.
3. When your child is ready to hold their own paper, make sure that their thumb is on the top, to give a firm grip.
4. Only give them small bits of paper to start with, cutting along a long line is much harder!
5. Cut pictures from catalogues.
6. Cut playdough with scissors.

Playdough recipe

2 cups of flour 1 cup of salt 2 teaspoons cream of tartar 2 cups of water 2 tablespoons of veg oil Food colouring	Mix together all of the dry ingredients in a large saucepan. Add the veg oil, gradually add the water, add the food colouring. Constantly stir over the heat until the mixture sticks together. Tip out and knead. Will last for ages in an airtight tin!
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