



FINE MOTOR COORDINATION

This is the ability to coordinate the movements of the eyes and hands together to manipulate toys, clothes, objects etc. Fine motor coordination is required for every-day tasks such as dressing and handwriting.

Children with fine motor difficulties will benefit from using a selection of suitable small toys and activities on a daily basis at home and school, for approximately 10 minutes at a time, at least twice a day. These activities would be focussed on building hand strength and improving manual dexterity.

Helpful Hints

- Before participating in fine motor tasks, a 'warm up' routine of finger stretching, clenching fists, rubbing hands, clapping and turning wrists round and round can be beneficial. This will increase the child's body awareness and provide sensory feedback from hands.
- Model to your child how to carry out the different activities
- If your child is unable to copy, use hand-over-hand assistance
- Talk about the position of your hands when carrying out activities
- Work at a level in line with your child's capabilities so they do not get bored or frustrated
- Make up a finger gym box and encourage your child to choose what goes in it to help with their motivation

Pencil and Craft Activities

- Mazes, dot-to-dots, spirograph, stencils, colouring, tracing etc.
- Finger painting
- Papier mache
- Collages – cutting, sticking and colouring
- Wrapping an object in paper and tape
- Scissor Activities
- Modelling with clay and plasticine
- Knitting and sewing
- Pipe cleaner construction
- Threading beads to make a bracelet



Games

- 🚩 Tiddlywinks
- 🚩 Pick-up sticks
- 🚩 Operation
- 🚩 Buckaroo
- 🚩 Jenga
- 🚩 Mousetrap
- 🚩 Coin turn: turning over 20 2p coins as quickly as you can



Construction Activities

- 🚩 Lego
- 🚩 Sticklebricks
- 🚩 Mechano
- 🚩 Wooden building blocks

General Activities

- 🚩 Pegs - Use pegs of different sizes, clothes pegs, small bulldog clips, stationery clips etc. Ask the child to put the pegs of different sizes onto the sides of a gift bag or shoe box. They might put them on with their left hand and take them off with their right hand
- 🚩 Rolling a marble between thumb and index finger, thumb and middle finger etc
- 🚩 Popping bubble wrap
- 🚩 Elastic Gymnastics - Start by putting 2 elastic bands (the same size) around the thumb, first and middle fingers, ask the child to open and close the fingers. Then add another 2 elastic bands and so on. The more you have on, the harder it is to move your fingers.
- 🚩 Play dough – This is great for squeezing and rolling which provides necessary sensory feedback and helps to develop hand strength. Ask the children to squeeze the dough and roll it with the palm of their hand. Ask them to use tools to roll it out and cut shapes. Also, they can practice pinching the play dough to help develop a pincer grip.
- 🚩 Balloon games
- 🚩 Finger puppets

