

Fine Motor Skills

Hand Exercises

Carrying out exercises prior to fine motor activities helps to prepare the child's hands. It is a good way to 'wake up' the fingers and hand muscles. Please refer to these two documents for ideas.

- [Handwriting Warm Ups](#)
- [Hand Exercises](#)

Fine Motor Skills: Activities

Threading

Threading develops co-ordination, concentration and perseverance as well as fine motor skills.

Activities: threading pasta, buttons or beads through string/pipecleaners. Threading spaghetti through the colander; you can make pasta necklaces!



Pinching

This helps develop strength in the muscle between the index finger and thumb (which means better pencil grip and pencil control). Pinching things with pegs and tweezers is a really good activity for this. Also, get your children to help you hang out the washing!



Playdough:

Kneading, stretching, rolling...all these different movements means that play dough is a really good resource for developing fine motor skills. Play dough is very easy to make!

There are plenty of recipes out there but here is a link to one from the BBC

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

Scissors

Practise cutting different types of lines (straight, zig zag, waves) and shapes. Children could also place objects along the lines. For example, rice, beads and counters.

