



Edgewood Primary School

Building skills and values for life

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Fine motor activities

Play with playdough. Mould, roll and splat the dough. Using tools such as plastic knives, cutters, scissors and rolling pins with playdough will help children to develop strength and control. YouTube has some dough disco videos for children to join in with, this is one of our favourites

<https://www.youtube.com/watch?v=DrBsNhwzgc>

Follow this link for a playdough recipe

<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>



Use large tweezers or kitchen tongs to pick up and move objects such as pompoms, cotton wool balls or build a tower with blocks. This website has some helpful ideas for using these tools at home <https://theinspiredtreehouse.com/the-best-kids-tongs-and-10-of-our-favorite-ways-to-play/>

This skill helps children to grasp a pencil correctly and to use the precision side of the hand to open and close scissors fluently and in a coordinated manner.

Use threading activities such as stringing beads or cut up drinking straws onto shoe laces or string. You can make your own threading boards using cardboard or laminated pictures by using a hole punch or scissors.



When scissors are held correctly and when they fit a child's hand well, cutting activities will exercise the very same muscles which are needed to hold a pencil correctly. Here are some simple ideas to develop this skill; Cut up junk mail or magazine subscription cards, make fringe on the edge of a piece of construction paper, cut playdough with scissors, cut straws or shredded paper.



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The following activities help to increase large muscle strength and endurance and are as important as the more intricate fine motor activities.

1. Wheelbarrow walking, crab walking
2. Clapping games (loud/quiet, on knees, together, etc.)
3. Catching (clapping) bubbles between hands
4. Draw in a tactile medium such as wet sand, salt, rice, or "goop." Make "goop" by adding coloured water to cornflour until you have a mixture similar in consistency to toothpaste. The "drag" of this mixture provides feedback to the muscle and joint receptors, thus facilitating visual motor control.
5. Pick out small objects like pegs, beads, coins, etc., from a tray of salt, sand, rice, or putty. Try it with eyes closed too. This helps develop sensory awareness in the hands.



Writing on a vertical surface improves wrist extension and pencil grasp. Vertical surface writing naturally puts the wrist in an extended position which encourages better pencil grasp and fine motor control of writing utensils.

If you do not have an easel at home you could attach paper to a fence or wall and give them paints, chalk or felt tips to use. Children enjoy painting on the walls and fences at school with water and brushes, you could also encourage them to use paint rollers.