

OCCUPATIONAL THERAPY DEPARTMENT

Fine Motor Skills

Please ensure that adult supervision is given when completing these activities.

Fine motor skills are required to complete many different activities both at home and in school. They are necessary for managing fastenings such as zips and buttons when dressing, pencil skills, scissor skills and being able to use cutlery to name just a few.

A good upright sitting position is important when completing table top activities. Sit at a table with arms resting comfortably, approximately level with waistline or a little higher. Feet should be flat on the floor, bottom back in the chair. Some of the activities can also be completed lying flat on your tummy, on the floor.

Take regular breaks during activities to reduce hand fatigue. Shake hands and push them together to give them a stretch before and after activities. Carry out whole arm movements to warm up before doing any drawing or writing activity.

Suggested activities to develop:

Hand Skills

- Theraputty and Play-Doh activities
- Construction toys that can be pulled apart and put back together e.g. velcro toys, Duplo, lego.
- Water and sand play – using utensils and containers to scoop, pour and spray.
- Popping bubbles with one hand or both hands clapping the bubble together.
- Puzzles

Finger Isolation

One of the first skills required to develop fine motor skills is the ability to isolate individual finger movements.

- Finger painting
- Popping bubbles with the index finger
- Pinching and poking Play-Doh and plasticine
- Pointing at pictures in a book
- Finger action songs e.g. Tommy thumb, round and round the garden

Pincer Grip

A pincer grip is where items are held between the thumb and index finger.

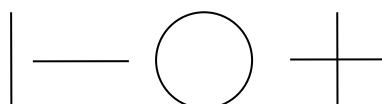
- Pinching play-dough and hiding and finding 'treasures' inside
- Using plastic tweezers/ tongs to pick up and move small items
- Peeling and sticking stickers onto paper
- Posting coins
- Threading and lacing activities



Prewriting skills and Mark Making

Pre-writing skills are foundation skills that children need to develop prior to moving onto the task of writing.

- Try short thicker crayons or chunky pencils and chalks to encourage a tripod grasp.
- Practice the first pre-writing shapes through imitation (an adult demonstrating how it looks to complete the shape first) and then progress to copying. Make it fun by using different mediums such as paint, sand, pen, pencil, clay, play dough and chalk



Together with you, in your local community