

## Fine Motor Kit Ingredients



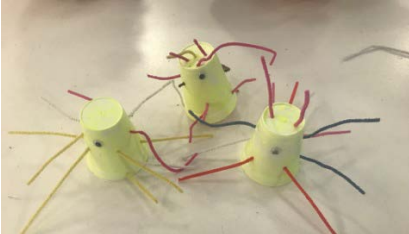


Creating a fine motor kit, with everyday household items is a great way to get the intrinsic muscles of the hand working and becoming coordinated. We need these muscles to co-ordinate with our eyes in order to become functional with tools such as a pencil, scissors, buttons, shoelaces and a knife a fork.





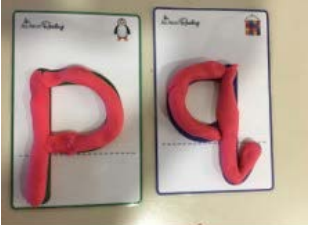

Children find it easier to master fine motor tasks when their body is strong and they know how their hands and fingers are connected. You can build strength and body awareness by making sure they have lots of daily physical activity (at least 3 hours a day for children under 5!). Once their body is strong and coordinated, they will be able to further develop their fine motor skills.






It is important to work toward function by making sure the child can:




- Isolate their pointer finger
- Use a nipper grip (just their thumb and index finger, with remaining fingers tucked away)
- Have good in hand manipulation (use lots of tools)
- Develop strength
- Build in speed

Here is a list of some fun and simple craft, activities and games you can trial these holidays to get those fingers moving!

<i>Activity</i>	<i>How to use it</i>	<i>What it is working on</i>
<p>Pipe Cleaners</p> 	<p>Bend to make shapes / letters Connect to make shapes / letters Use in a craft activity, like poking it through paper to make an antennas on a bee</p>	<p>Pincer grip (holding it with thumb and index finger) Intrinsic hand mobility and strength Use of bilateral hand skills</p>
<p>Popsticks</p> 	<p>Build a popstick house (lay two horizontal, two vertical then two horizontal two vertical etc) Construct large letters with them on the table Make a popstick spaceman out of it Stick small beads and gems on them and build a fence for a castle</p>	<p>Visual motor control (not knocking over the house) Pincer grip Assist in word spacing</p>
<p>Coloured matchsticks</p> 	<p>Place down in coloured pattern Make a straight line of the matchsticks at a speed Make shapes out of matchsticks</p>	<p>Pincer grip Fluency and speed Visual motor control Concepts of colour and patterns</p>

<p>Blocks</p> 	<p>Build towers out of them Copy block patterns Make a race track, child then can play on hands and knees to race their toy car through it</p>	<p>Pincer grip Visual motor control (not knocking it over) Visual motor integration (copying)</p>
<p>Medicine Syringe / eye dropper</p> 	<p>Use thumb, index and middle fingers to pick up water and drop into a cup one drop at a time (can place food colouring into water and then drop onto paper to make a colourful design)</p>	<p>Bilateral integration Finger strength</p>
<p>Spray bottle</p> 	<p>Spray indoor plants (or outdoor plants) with a spray bottle</p>	<p>Hand strength</p>
<p>Pegs – mini and large</p> 	<p>Pick up and place on container edge, to build a fence Peg paper onto a piece of string Hang up dolly's clothing</p>	<p>Pincer grip Bilateral integration Finger strength</p>
<p>Playdoh</p> 	<p>Roll it, squeeze it, pinch it, squash it, make letters out of it. Hide marbles in the playdoh and child has to find the marble with their nipper fingers.</p>	<p>Pincer grip Hand strength Letter formation</p>
<p>Connect Four</p> 	<p>Great for use of nipper fingers Make sure they use the one hand only</p>	<p>Pincer grip Eye hand co-ordination Patterns and rule</p>

<p>Operation</p> 	<p>Use nipper fingers to use the tweezers – don't get zapped!</p>	<p>Pincer grip Visual motor control</p>
<p>Puzzles</p> 	<p>Vary where you do the puzzles, standing at the table or four point kneeling on the floor is great for core strength</p>	<p>Visual perception skills Pincer grip Bilateral integration Crossing the midline</p>
<p>Card games</p> 	<p>Simple card games like memory – turn a card over and find the match – make sure you use your nippers Holding a hand of cards can be tricky. Start with a small number and then build up Shuffling is awesome skill – start by moving the cards from front of the pile the pack, all whilst in the hand still.</p>	<p>Bilateral hand skills Patterns Numbers In hand manipulation Pincer grip</p>
<p>Make a cake</p> 	<p>Pouring, stirring, mixing, levelling and rolling all require a great deal of strength and coordination. Grade the activities so you can get them started at each stage of the activity and pull back the support you provide so they develop a sense of mastery.</p>	<p>Bilateral hand skills Patterns Numbers In hand manipulation Pincer grip Planning</p>
<p>Set the table</p> 	<p>Fine motor skills are needed for laying cutlery down Planning for number of pieces required,</p>	<p>Eye hand control Planning Body awareness</p>

<p>Paper games</p> 	<p>Learn simple origami (paper plane)          Fold paper in half and place into envelope          Scrunch paper in ball and flick it away with index finger          Trace around the hand with the opposite hand</p>	<p>Bilateral hand skills          Hand strength          Visual motor control          Eye hand coordination          Planning          Body awareness</p>
<p>Cutting games</p> 	<p>Cut straight strip of paper to make a lantern          Start with snips, then straight lines, then curves and then corners.          Use helping hand to hold the paper (thumb on top), helping hand then turns the paper. Keep elbow of hand holding the scissors close to the body.          Open shut them song can be a great into to the correct technique</p>	<p>Bilateral hand skills          Hand strength          Visual motor control          Eye hand coordination</p>
<p>Pot a plant</p> 	<p>Planning to choose the plant and pot           Chose a plain pot and decorate to amp up the fine motor element</p>	<p>Fine motor control for placing on gardening gloves          Strength to dig the hole, for soil          Coordination to pour in potting mix          Body awareness to carefully place plant in soil          Eye hand coordination to water the plant          Hand strength</p>