

# Practical Ideas to Develop Fine Motor Skills



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Today we will cover:

- What are fine motor skills and why are they important
- Practical ideas and activities



## What are fine motor skills?

# Fine Motor Skills

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## What are fine motor skills?

- The co-ordination of small muscles with the eyes
- Usually involves movements using hands and fingers
- Strong fine motor skills allows children to manipulate and control objects as they intend to

# Fine Motor Skills

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## What tasks require fine motor skills?

Fine motor skills are used in so many tasks that we, as adults, don't think about.

- Fastening buttons and zips
- Controlling a pencil to write
- Feeding oneself and cutting food
- Manipulating materials to achieve an intended effect – drawing, building, etc.





## Practical Activities

# Practical Activities

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## Dough Disco

- Shonette Bason create Dough Disco videos on youtube
- Developing fine motor skills using play dough and actions
- Can be organised with or without the videos – it's easy to create your own actions and add your own music
  
- Video – [Dough Disco](#)

# Practical Activities

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## Funky Feet

- Lots of fun and play-based activities to develop fine and gross motor skills.
- Main focus on gross motor skills but some great activities for fine motor too.
- BSB teachers will receive training on this soon.
  
- Video – [Dough Disco](#)
- Video – [Dancing Digits](#)



# Practical Activities

## Songs with Actions

- Kids love to sing and these songs are really easy to do at bedtime or when children are feeling bored. They'll develop their skills without even realising.
- [One Little Finger](#)
- [Incy Wincy Spider](#)
- [Tommy Thumb](#)
- [Wind the Bobbin Up](#)
- [The Finger Family Song](#)
- [Two Little Dicky Birds](#)
- [Here is the Beehive](#)
- [Five Little Monkeys](#)
- [Ten Little Fingers](#)
- [Open Shut Them](#)

# Practical Activities

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## Pinterest

- So many fabulous ideas that other people have tried
- Keep it interesting and exciting for children
- Varied activities and skills to incorporate
- Easy to link in other learning, such as maths or phonics
- Easy to link to children's interests
  
- [Pinterest](#)

# Practical Activities

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## Finger Aerobics

- Exercises for your hands and fingers
- Get to develop children's fine motor and co-ordination
  
- [Finger Aerobics](#)
- [Healthy Hand Workout](#)
- [Finger Fitness](#)

# Practical Activities

## Fine Motor for Boys (or Girls)

- Some boys have delayed fine motor as they don't often participate in fine motor activities
- There are lots of 'boys' activities which can encourage them to develop their fine motor skills



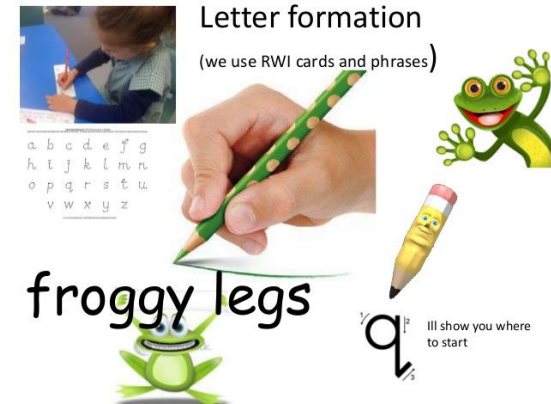
# Practical Activities

## Pencil Control

- Children begin with full hand grip, then move to tripod grip. We use 'Froggy Fingers' to remind them to hold pencils correctly.
- Lots of printable activities on [Twinkl](#) and [Sparklebox](#)

Some activities include

- Tracing letters
- Tracing pictures using tracing paper
- Following a pencil line through a maze
- Following lines to complete patterns
- Colouring in pictures





# Practical Activities

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## Other Activities

- **Cutting skills** – following a line or simple shape with scissors (worksheets available online)
- **Play with small items** – Lego, beads, etc
- **Play dough** – independent play with dough strengthens hand muscles.
- **Jigsaw puzzles** – manipulating pieces to fit together
- **Clothes pegs** – manipulation to open and peg them
- **Threading** – laces and beads (cheap resources available on Taobao [here](#))
- **Sewing** – simple sewing with adult supervision (for older children)
- **Utensils**– tweezers to pick things up, chop sticks and cutting with a knife and fork
- **Connecting** – buttons and holes, keys and locks, etc

# Practical Activities

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## Activity Boxes

- Fine motor activities are often fun activities that will keep children entertained and they can do independently.
- [Cleverfingers](#) sells fine motor boxes (UK only)
- Very easy to put together your own box that children can access independently.



**Thank you.**