

Developing Fine Motor Skills

It is important that children have access to a range of activities that will develop muscles in their hands and wrist which will make writing easier. Any of these fun activities will help:

- Cutting out pictures from catalogues, cutting along different wavy, straight, or zig-zag lines.
- Using modeling materials such as Model Magic, clay, play-dough, wet sand, and Wiki Sticks.
- Painting and printing on different types of paper. Use crayons, pencils, markers and gel pens.
- Threading beads, pasta, buttons to a timer - can they beat their own score?
- Get dressed - button, zip, snap, buckle, and fasten. Tie shoes!
- Open and close containers with lids.
- Put together puzzles.
- Place pegs in a board.
- Build with small blocks
- Use plastic tweezers, spring clothes pins, or kitchen tongs to pick up cotton balls.
- Fill and empty eyedroppers in a bowl of water.
- Punch holes with a hole puncher.
- Make a paperclip chain.