



## Fine Motor Skills

### What are they?

Fine motor skills use the small muscles of the body to enable functions such as writing, grasping small objects and fastening clothing. Fine motor skills include strength, control, accuracy and dexterity. These skills are important in most school activities as well as in day to day life. Weakness in fine motor skills can affect a child's ability to eat, write legibly, use a computer, turn pages in a book and perform personal care tasks such as dressing and grooming.

### How to develop them

- Playdough
- Construction sets – lego, meccano, mobile
- Origami and paper folding
- Water squirters
- Lacing activities (hole punch around old birthday cards and use them as lacing cards)
- Stencils
- Texture rubbings (hold coins and leaves under & use a crayon to rub over the paper to make an outline)
- Stamp pad activities
- Eye dropper paintings
- Screwing nuts and bolts together
- Windup toys
- Marble games
- Tear paper then scrunch into small balls
- Use stapler or hole punch for craft activities
- Hammering
- Threading activities (thread old buttons, pasta or beads to make a necklace)

#### Jump Up for Kids

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