

Essential ingredients for healthy development

FINE MOTOR

Hand and finger strength

There are many muscles in the hand. Each finger alone has 6 muscles that help them to move. It is important that we use our hands to build muscles for the ability to hold, grasp and carry items and the endurance to continue to do this over time.



Play,
movement
and time
outside

Activity ideas

- ➔ Digging in sand, dirt and mud. Building mud pies and sandcastles.
- ➔ Using rocks to dam a creek www.nationaltrust.org.uk/features/no-14-dam-a-stream
- ➔ Climbing - rocks, trees and playgrounds
- ➔ Use Hammer and nails to make shapes and use string or rubber bands to create artworks tinkerlab.com/hammering-preschoolers
tinkerlab.com/hammering-real-nails.
- ➔ Building rock piles - explore using larger rocks that require both hands rhythmsofplay.com/rock-balancing-stone-stacking-art-steam-activity

Make it easier

- Start with smaller, rocks and tools and build up size (golf tees and wooden mallets work as good substitutes for hammer and nails for younger children)

add challenge

- + Use rubber bands to add resistance. You can tie them around in different patterns and arrangements of nails but also to secure sticks together.