

Essential ingredients for healthy development

FINE MOTOR

Using the 'precision' side of our hands

For precise and skilled movements such as picking up small objects we use our thumb, index and middle finger (tripod grasp) or thumb and index (pincer grasp). Our ring and pinky finger curl up out of the way. We use all the fingers when we need a power grip (eg to open a jam jar).

Activity ideas

- Collect seeds, leaves, flowers small sticks to use in art - use tweezers or tongs to pick them up or encourage pincer or tripod grasp. Sort them into piles.
- Rip up fallen leaves or flowers to make confetti, use scissors to cut up
- Take pipettes or syringes to the creek and collect water
- Painting rocks - use different colours and patterns or explore different faces
- Use a small hole punches to cut out shapes from leaves
- Clicking fingers, clapping and movement songs
- Use pegs with this activity mothernatured.com/printables/nature-color-wheel-printable
- Make a stone cairns nurturestore.co.uk/stone-cairns-building-towers

Play,
movement
and time
outside



Make it easier

- If you notice your child using their whole hand or four fingers and thumb to pick up small objects, show them how to pick up the small objects using pincer or tripod grasp. Sometimes it can help to secretly hide a small object (like a pebble) or gently remind them to tuck their fingers away.
- Start with bigger objects and or larger tongs



add challenge

- + Use pegs, tweezers or tongs that require more strength to use
- + Bury objects in mud or clay to be pulled out and add resistance