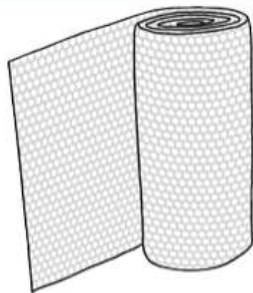
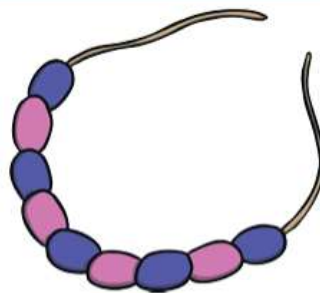


Developing Fine Motor Skills

In order to help your child to be ready to hold a pencil, mark make and then start to form letters, it is important that they develop strong fine motor skills. Fine motor skills are the coordinated movements of small muscles in the hands, fingers, and wrists, often involving hand-eye coordination, which are essential for daily tasks like writing, eating, and dressing. These skills rely on a stable physical foundation and are built upon gross motor skills, which involve larger muscle movements. Support your child by trying some of the activities below.



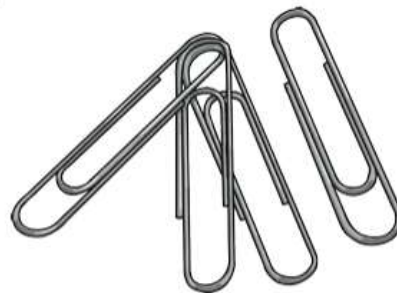
How many bubbles of the bubble wrap can you pop?



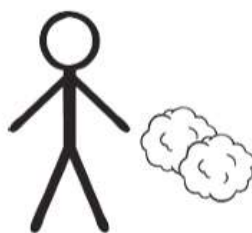
How many beads can you thread on to a string?



Can you separate all the pasta from the peas with your tweezers?



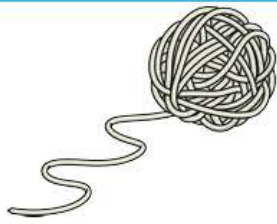
How many paperclips can you join together?



Stick wool or string to your stick figures to make clothes for them.



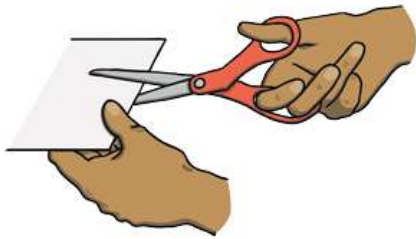
Draw some felt tip monsters and use a pipette to make them 'melt'.



Thread some string or wool in and out of the holes punched in to your paper.



How quickly can you button and zip up your jacket or coats?



How neatly can you cut things out from your scissor activity booklet?



Scrunch and make as many newspaper balls as you can!



Trace around your stencils as neatly as you can.



How many crabs, wheelbarrows and push-ups can you do in one minute?