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Activities that

will help my

child's fingers

get strong



HELLO AGAIN CAREGIVERS,

In the last two packs we have focused on emotions and how to help your child express themselves and we also looked at different activities to help strengthen the big muscles in the body. Now it is time to focus on getting the hand ready to write, cut and do small precise movements, such as closing a button or pulling up a zip. These are known as fine motor skills.

To strengthen your child's fine motor skills, it is important to practice. Activities like threading beads onto a string, playing with play dough, and using child-safe scissors to cut are excellent for developing fine motor skills. Additionally, activities like drawing, colouring within lines, and building small puzzles can be very beneficial. Encouraging your child to use tweezers to pick up small objects can help them get better at being more precise and have better control with small movements.

It's important to remember that every child develops at their own pace, so celebrate small wins and give much encouragement. Make these activities fun and engaging. By turning practice into play, your child will be more motivated to participate.

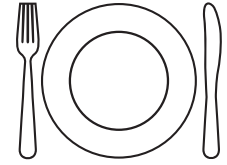
In the following sections, we will provide step-by-step guides for various activities. Let's embark on this exciting journey to help your child build the foundation they will need for writing, cutting, and other important life tasks!



How to bring fine motor into everyday activities

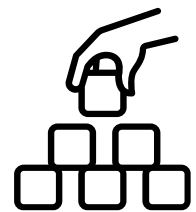
Here are some fun ways to incorporate fine motor skills into daily routines:

- Household Chores: Involve your child in activities like folding, washing, sorting utensils, or setting the table.



- Art Projects: Encourage your child to draw, colour in and practice cutting.

- Playing with Building Toys: Toys like blocks and puzzles require the use of small muscles in the hands and fingers, making them excellent for fine motor practice. You can even build with stones, sticks and bottle caps.

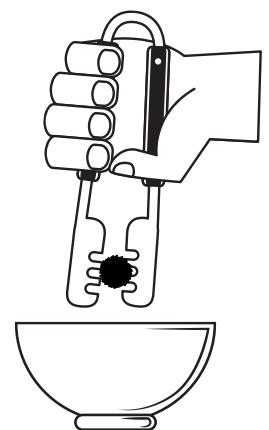


- Board Games: Games that involve moving pieces and rolling dice are not only entertaining but also help strengthen the small muscles in the hands.

- Buttoning and Zipping: Encourage your child to practice buttoning their shirts, zipping up jackets, and tying shoelaces.

- Writing and Tracing: Provide opportunities for writing letters, numbers, and shapes. Tracing over dotted lines or practicing with stencils can also be very effective.

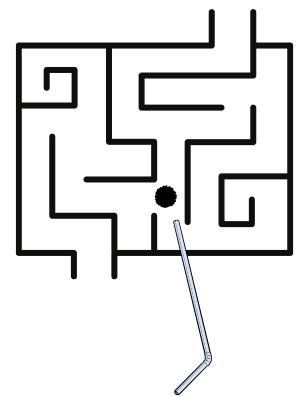
- Using Tweezers or Tongs: Activities that involve picking up small objects with tweezers or tongs, like moving cotton balls, can help strengthen the three magic fingers (thumb, index and middle fingers) for writing and cutting.



Roll, pinch and pull

Ready to exercise your fine motor skills with play dough?

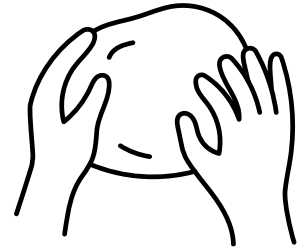
- Roll balls of play dough between the thumb, index and middle fingers.
- Roll different colours of play dough to make a rainbow.
- Make play dough snakes and cut them with scissors.
- Roll the play dough into a long snake using both hands and then make a snail.
- Hide stones or coins in the play dough and have a race to find them.
- Spread the play dough out to make a 'pizza'. Use scissors to cut the 'pizza' into slices.
- Make a maze out of the play dough. Place a pom pom in the maze and blow it through the maze with a straw.
- Form numbers and shapes using the play dough.
- Press kitchen utensils into the play dough to make different patterns.
- Talk to your child about their different body parts. Touch each body part as you talk about it and build a person using the play dough.
- Let your child build any picture using the play dough.



Make your own play dough

Ingredients:

- 1 cup of flour
- $\frac{1}{4}$ cup of salt
- $\frac{1}{2}$ cup water
- 1 teaspoon vegetable oil
- Food colouring



Method:

Step 1: Place the flour and salt in a bowl

Step 2: Add water, oil and food colouring

Step 3: Stir well and knead

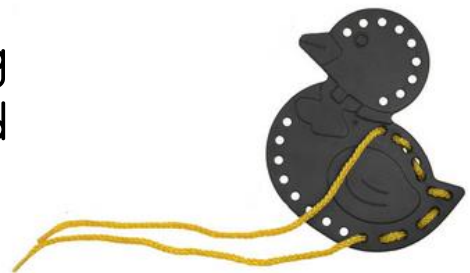
Step 4: If too wet, add more flour

The play dough recipe can last for a few weeks. Store it in an airtight container in the fridge to last longer.

Threading board

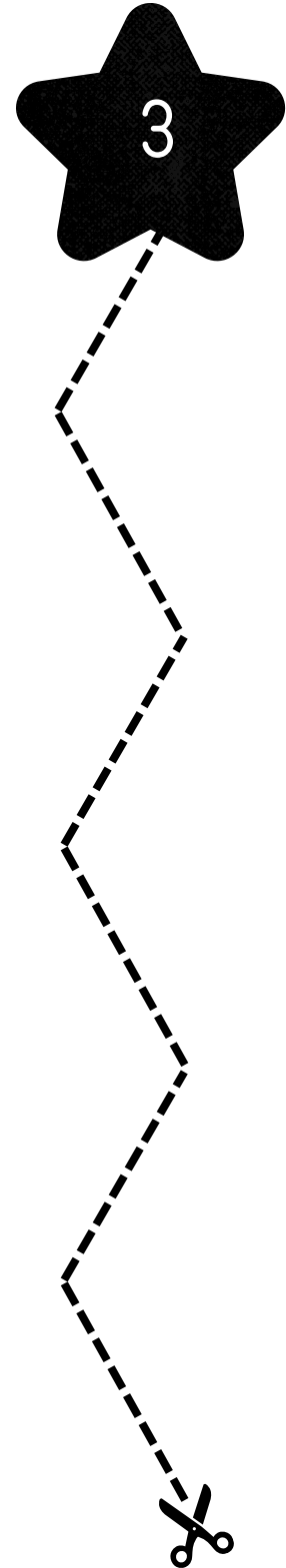
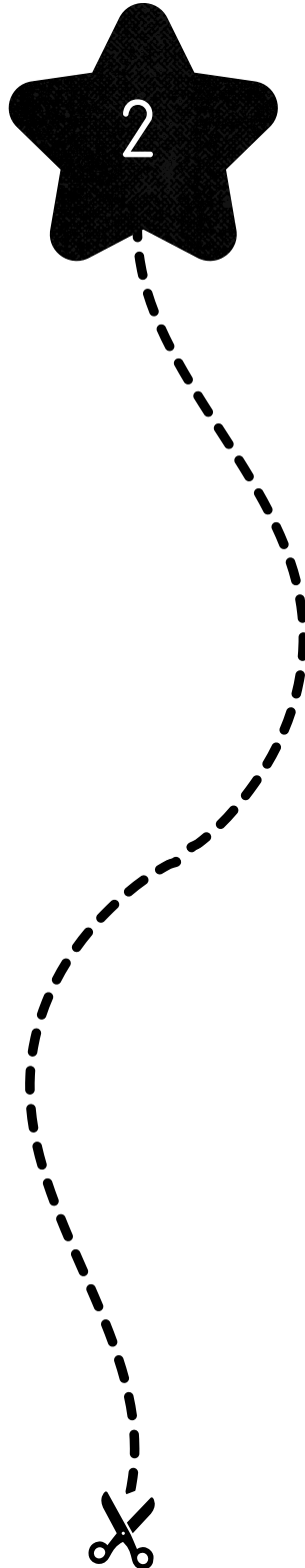
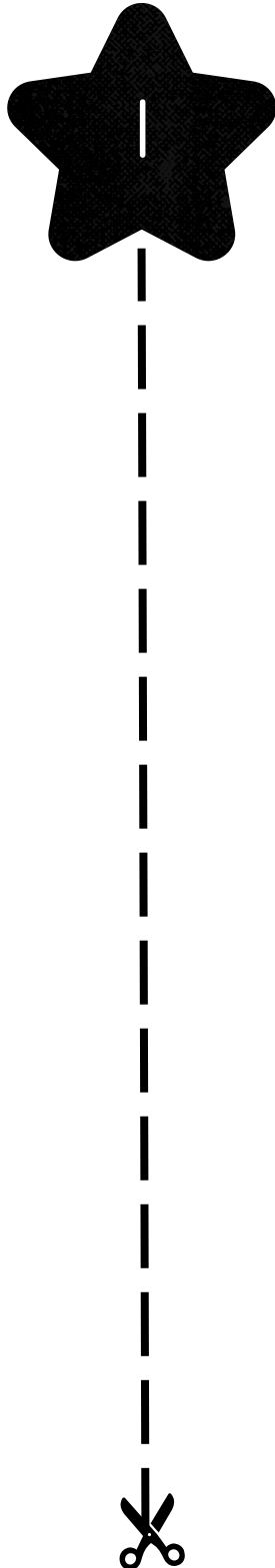
You may have seen a threading board in the stimulation pack. This is a board with holes as well as a lace. Ask your child to practice threading the lace through the holes to help them develop the small muscles in their hands and fingers.

You can also make your own threading board by cutting out a shape and punching holes around the edges.



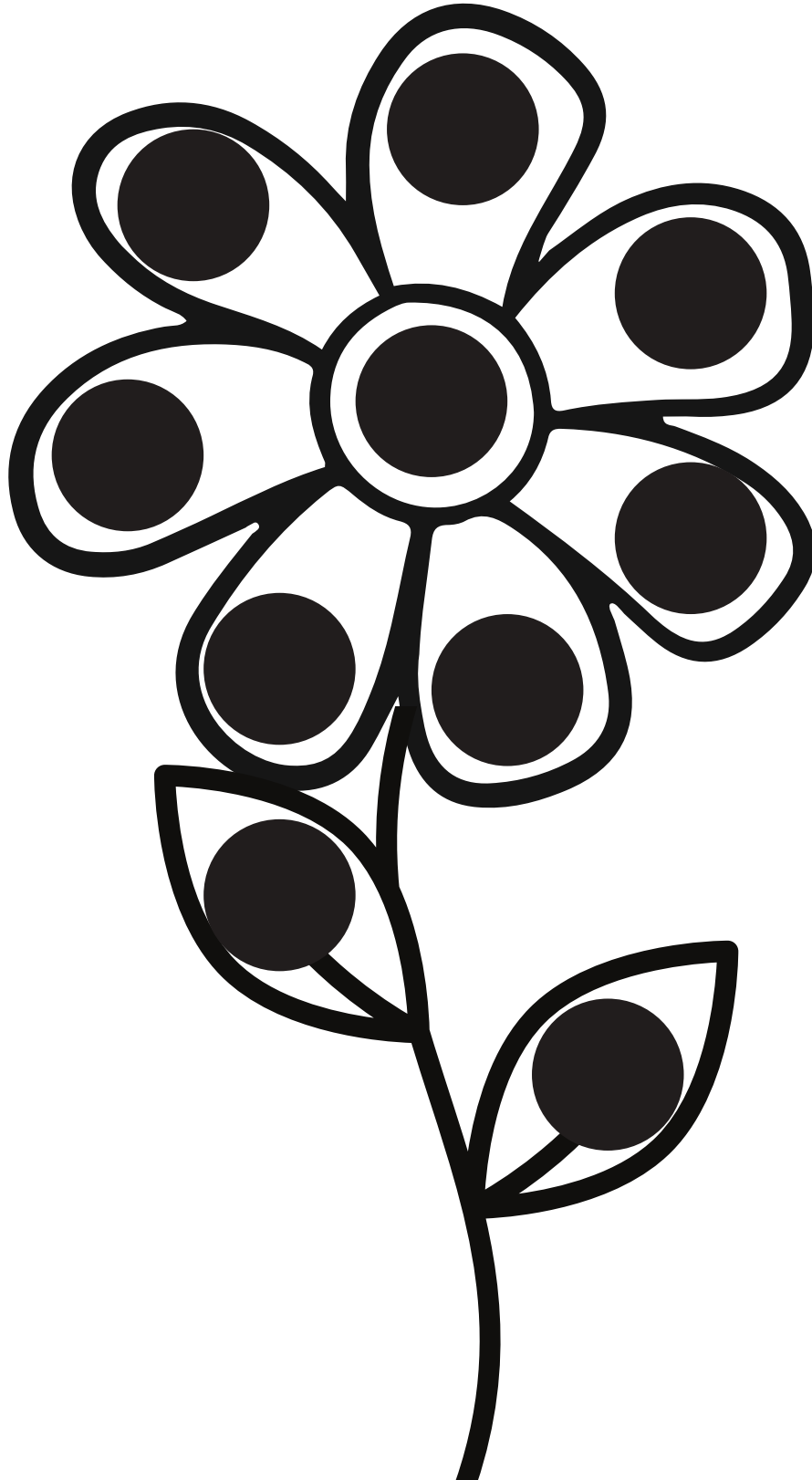
Cutting practice

Help your child practice cutting by asking them to cut along the dotted lines to get to the stars. Start with number 1.



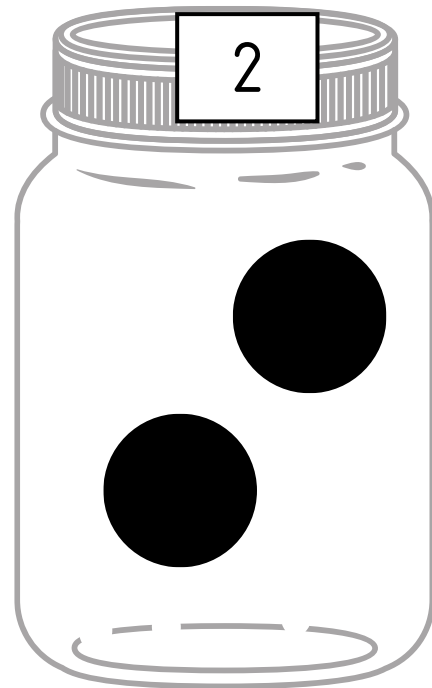
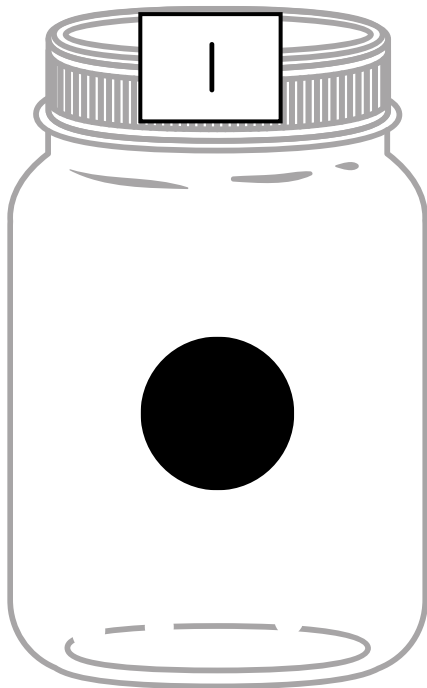
Pompom colouring in

Ask your child to add a splash of colour to the flower by using the pegs to pick up the pom poms and placing them on the black dots. Talk to your child about colours and flowers.



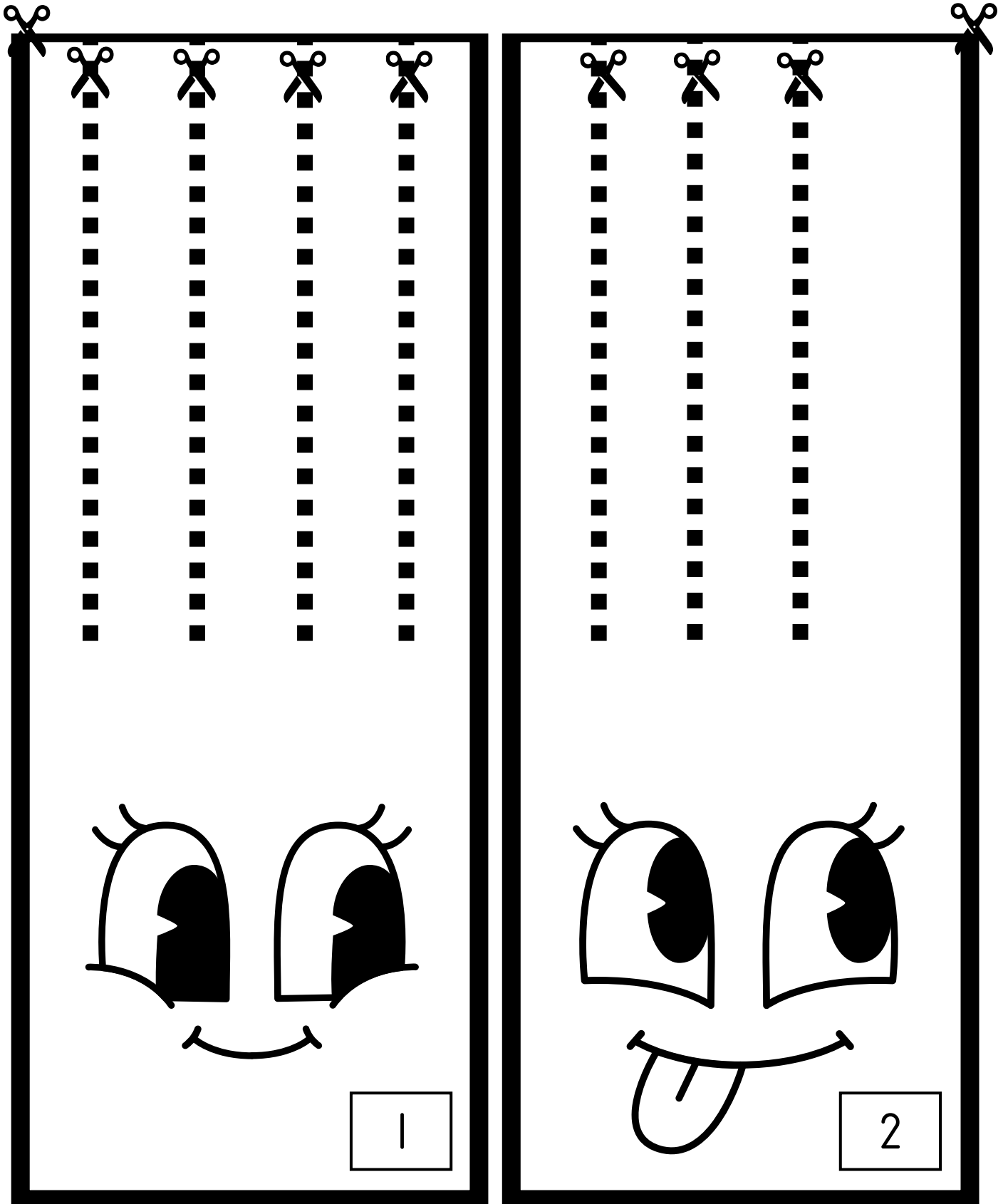
Pom-pom counting

Ask your child to place the correct number of pom-pom's in the jar below. Make sure that only one pom-pom is placed on each black dot. Help your child to count the pom-pom's out loud as they place each one on the black dot.



Cutting practice

Practice scissor skills by asking your child to carefully cut along the solid line. Once your child has cut out the two friends below, ask them to give their friend a new haircut by cutting on the dotted lines.



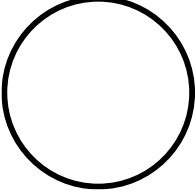
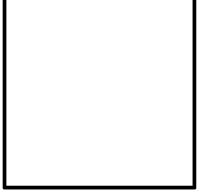
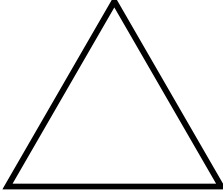

Pompom colouring in






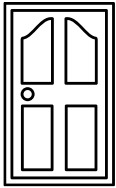

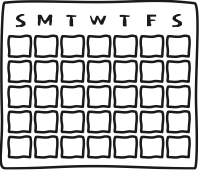

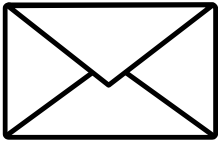

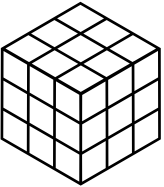
Ask your child to add a splash of colour to the rainbow by using the pegs to pick up the pom poms up and placing them on the black dots. Again, talk to your child about the different colours and rainbows.



Cutting practice

Ask your child to cut out the different pictures below and to paste them under the correct shape.

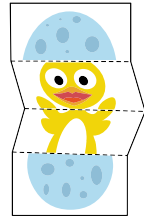
			
			
			



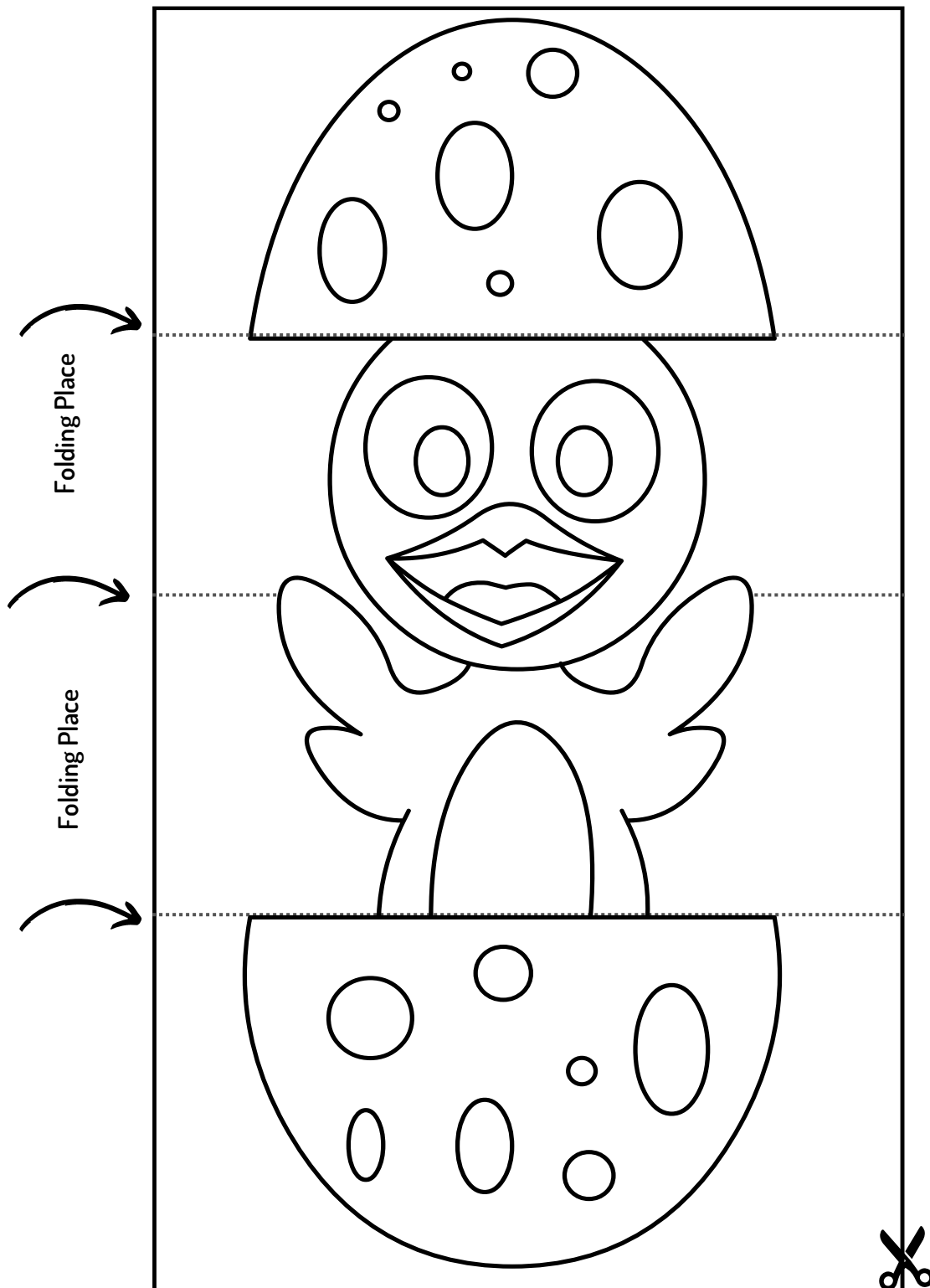
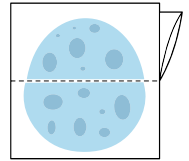
Colour and fold

Ask your child to colour the picture below and to cut along the solid outside line. Help your child to fold the picture on the dotted lines and let your child hatch the egg.

Step 1

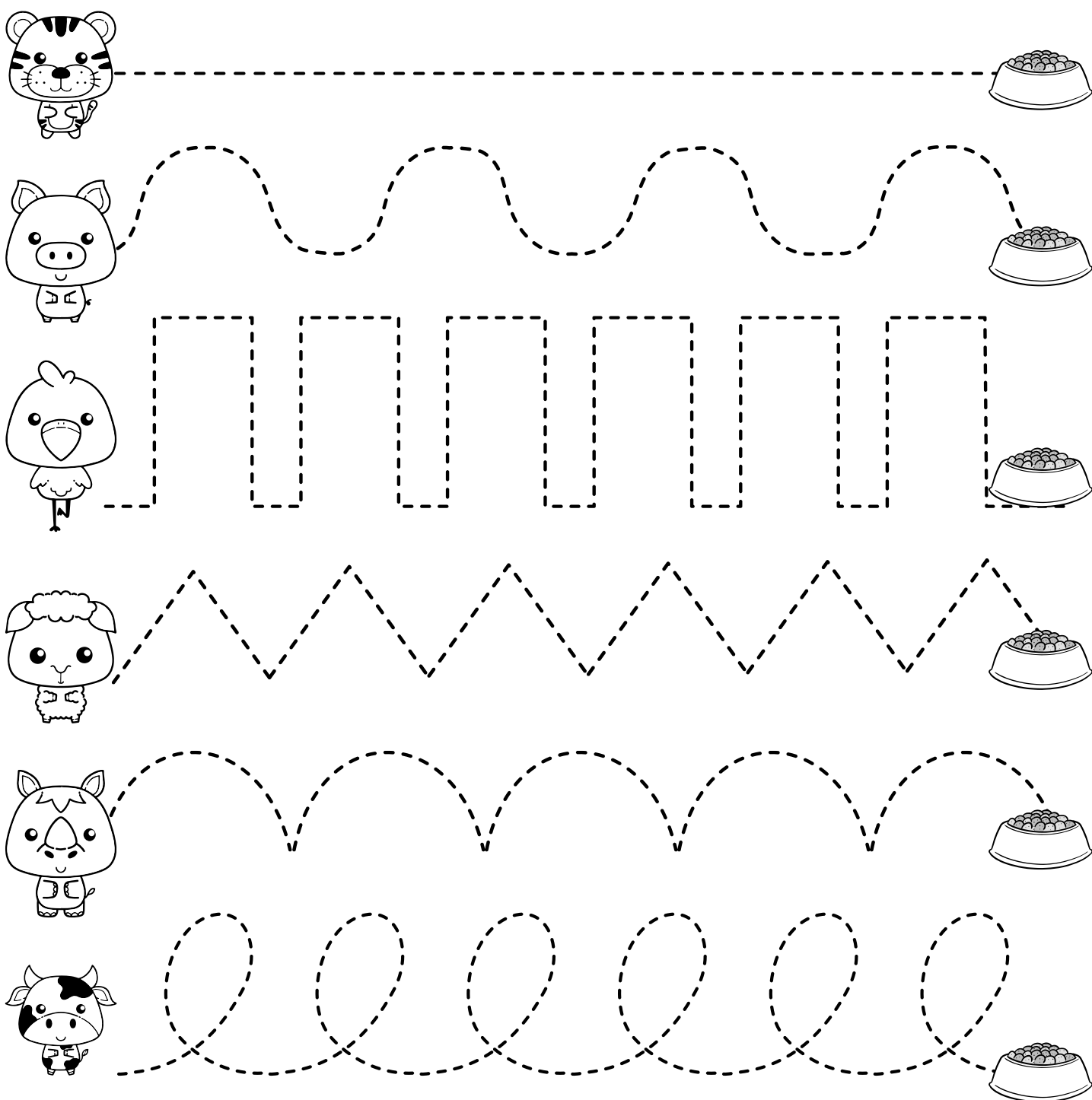


Step 2



Finger tracing and rainbow tracing

Ask your child to help the animals get to their food by using their finger to trace the lines below. You can also ask them to trace the lines with different colour crayons to make a rainbow line. Cover the lines with a blank piece of paper to help your child focus on tracing one line at a time.



Ask your child to colour in the picture

