

Exercises to improve fine motor skills

- ✓ Pick up and sort small objects such as coins, beans, marbles, cotton balls, buttons, beads, or use tweezers to pick them up
- ✓ Squeeze a ball in your hand repeatedly
- ✓ String beads onto a shoelace
- ✓ Cut straight and curved lines/shapes drawn on paper with scissors
- ✓ Roll a pencil between thumb and fingers without dropping it
- ✓ Stick small objects into play dough/plasticine and work it back out with your fingers
- ✓ Put rubber bands around your fingers and stretch them
- ✓ Tie shoelaces
- ✓ Trace and copy letters or mazes
- ✓ Do connect the dot puzzles
- ✓ Draw in a tactile medium such as wet sand, salt, rice, or "goop". Make "goop" by adding water to cornflour until you have a mixture similar in consistency to toothpaste. The "drag" of this mixture provides feedback to the muscle and joint receptors, helping motor control.
- ✓ Play throw and catch with a ball. Start with a large ball and work toward a smaller ball.

If you need to borrow any resources from school then please come and talk to your child's class teacher

