

## Busy Finger Activities - At Home

*Here are just some activities you could try at home:*

- Using zips
- Materials to cut with scissors
- Moving peas, one at a time, between two bowls
- Pairing socks / gloves
- Practise putting socks / gloves on and taking off
- Manipulating playdough (squeeze/pinch)
- Folding paper / card
- Squeezing pegs – around a bowl / onto a line
- Threading beads / pasta onto string / pipe cleaner
- Making Lego / Duplo towers
- Wooden bricks – building towers
- Putting together nuts and bolts
- Twist elastic bands around yoghurt pots / corks / tins
- Screwing lids onto plastic bottles
- Picking up pasta / buttons using tongs or tweezers
- Put together a marble run
- Dressing dolls
- Moving marbles on golf tees using tongs / tweezers



# Busy Fingers



***Information for Home***



## **Busy Fingers**

Before children can become successful writers and competent with independent self-help skills they need to have good fine motor skills.

### **What are fine motor skills?**

Fine motor skills involve developing the small muscles of the body that enable functions such as grasping small objects, fastening clothing and writing. They involve strength, fine motor control and dexterity.

### **How Fine Motor Skills Affect Learning and Living Skills:**

Good fine motor skills are important in most school activities as well as in everyday tasks. Good fine motor skills can help a child eat with cutlery, turn pages in a book, perform personal care tasks such as dressing and undressing and eventually hold a pen in a strong and comfortable grip.

### **How we develop fine motor skills at Heath Lane**

To support children's development of fine motor control we have daily sessions called 'Busy Fingers.' These are short sessions in which children are offered a range of engaging activities which will develop the muscles necessary for good fine motor control.



## **Busy Finger Activities - At school**

*Here are just some of the activities we provide at school:*

- Threading beads
- Screwing lids on bottles
- Picking up objects with tweezers/tongs/pegs
- Sewing
- Using scissors to snip / cut
- Threading beads onto pipe cleaners
- Twisting elastic bands onto a cork / tin / object
- Fastening buckles
- Buttoning up shirts
- Using screwdrivers to screw into balsa wood
- Matching nuts and bolts
- Unlocking padlocks with keys
- Unclipping boxes / unwrapping cling-film
- Balling socks / gloves

