



Fine Motor Program

Frequency: Select 3-4 activities from different sections to practise every day.

Theraputty

- Hide 'treasures' in putty and retrieve from the putty.
- Roll the putty into a long snake. Pinch along the putty (making scales) with index and thumb. Poke into the putty (give snake spots) with index finger keeping all finger joints straight.
- Roll putty into a ball.
- Squash putty into flat pancake.
- Cut putty with scissors into small pieces.
- Create any shapes or animals with it. Let your child use their imagination...



Timed Fine Motor Games

Time yourself with each game and try beat your times over each week/session. You could create a special 'kit' for all the pieces of your fine motor games:

- Safety pin chains- making a chain of 20 pins, then undoing the chain.
- Tying 10 knots in a piece of string/rope and then undoing the knots.
- Doing up, then undoing 20 nuts & bolts.
- Flipping 20 coins from heads to tails, then back.
- Card shuffle (half deck in each hand)



Fine Motor Non-timed Games

- Scissor work
- Pick up as many marbles as possible that will fit into the palm of one hand
- Playing with Lego
- Playing cards (e.g. Snap)
- Zoobs
- Drawing through mazes
- Practicing typing

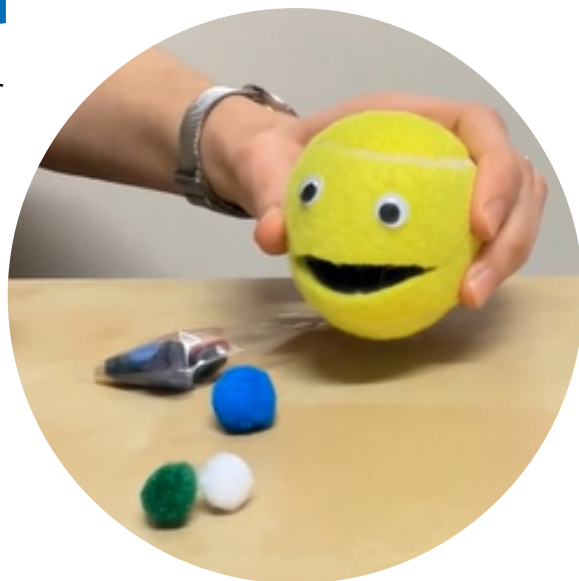


Peg Cup Activity

- Peg the coloured pegs on the matching coloured cup.
- Try making this activity harder by placing a pom pom under the ring finger and pinky, so that the child has to use their 'tripod' writing fingers (index finger, middle finger and thumb) to manipulate the peg.

Tennis Ball Head or Monster Ball

- Cut a slit in a tennis ball to create a mouth. Draw or stick on some eyes. You can also decorate the tennis ball to add hair, a nose etc.
- Beginner: the child places pom poms in the tennis ball's mouth by holding the pom poms using their pointer finger and thumb (pincer grasp).
- Medium: the child uses a peg to place pom poms in the tennis ball's mouth keeping their index and middle fingers on top and thumb on the bottom.
- Hard: the child uses a peg, while holding a pom pom under their ring finger and pinky, in order to encourage separation of the two sides of the hand to build strength in the palmar arch.



Other Everyday Fine Motor Activities

- Making biscuits that have to be shaped & using a rolling pin
- Grating cheese or carrot
- Making meatballs, fishcakes or anything rolled in the hands
- Watering indoor plants using a spray bottle with one hand