

# 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 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. 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, then undoing the knots.
- Doing up, then undoing 20 nuts & bolts.
- Flipping 20 coins from heads to tails & back.
- Card shuffle (half deck in each hand)

## 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.

## Monster Ball

- Cut a slit in a tennis ball to create a mouth. Draw/ stick on eyes. Optional - add hair or glasses.
- Beginner: child places pom poms in the mouth by holding the pom poms using their pointer finger and thumb (pincer grasp).
- Medium: 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: child uses a peg, while holding a pom pom under their ring finger and pinky, to encourage separation of the two sides of the hand to build strength in the palmar arch.



## 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