



Fine Motor Skills

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What is Fine Motor Skills?

- Fine motor skills refers to the movements of the small muscles in the hands and forearms
- Movement patterns consist of reaching, grasping, moving objects, using crayons, pencils and scissors.

Why is it important?

- Its important to develop these skills because it helps children become independent when working at school.
- It can also give them the confidence to participate in the classroom.
- Helps promote self care activities at home and at school such as; dressing (pulling up pants, buttoning shirts and pants, putting socks on, feeding)

Fine Motor Development

- Fine motor skills develop over time
- Movements start off with very little control but improve over time
- It starts with the bigger muscles such as the shoulder and arms and then to the small muscles in the hand.
- The essential bases for fine motor development include:
 - Postural stability
 - Senses
 - Hand function
 - Using both hands

Postural Stability

- Postural stability refers to the muscles of the shoulder and tummy to be strong in order to help control the smaller muscles in the hand.
- When a child lacks postural stability child may present difficulty with pencil grip, may press really hard on paper, use their arms instead of fingers when writing.
- Work on gross motor activities to increase postural stability and develop fine motor skills
- When working on fine motor activities have child on their hands and knees to help with stability of the shoulder and tummy.

Senses

- We have 5 different senses in which the body uses together to receive feedback from the environment.
 - **touch**, smell, hear, sight, taste
 - There is also a sixth sense known as body awareness
- When a child is unable to feel items with their hands or may drop items it may be due to loss of sensation in the hands.
- Have the child explore many items with different textures.

Sensory Activities

- Sensory bins (rice or beans with hidden objects)
- Touching different grocery items
 - Beans, rice, flour, etc.
- Shaving cream activities



Bugs and Spring
themed sensory bin

Gross Motor Skills

- Gross motor activities refers to the movement of the big muscles.
- Before a child is able to master fine motor skills, they first need to be exposed to gross motor activities.

Gross Motor Activities

- Chair, wall or hand pushups
- Ball-On-Wall
- Hand Pushing games
- Leopard crawl
- Bear crawl
- Wheel barrow
- Tug a war



Gross Motor Activities

- Running
- Jumping
- Monkey bars
- Climbing
- Jump rope
- Frisbee
- Bowling
- Basketball
- Riding bikes
- Catching

Gross Motor Activities



Hand Function

- Hand function is an important base for development in fine motor skills.
- The muscles in the hands and fingers work together to create small precise movements which help with writing and manipulating small objects.
- The position of the wrist and forearm is also important to ensure student is in the best position for pencil control.
 - Making sure the arm rest is on the table when writing.

Hand Function Activities

- Cutting
- Pulling apart cotton or tearing paper
- Squeezing a stress ball
- Playing with play doh (rolling, pinching, squeezing, making letters or shapes, holding small objects and having child dig it out.
- Finger ball walk
- Spraying water bottles
- Writing on vertical surfaces

Hand Function Activities

- Rubber bands
- Tennis ball mouth (squeeze open and insert coins or small objects)
- Digging in the sand or dirt
- Pencil Olympics (rotating or moving fingers up and down a pencil)
- Beading activities (can use cheerios or macaroni)
- Popping bubble wrap
- Using small crayons to help with pencil grasp (cutting crayons in half)

Hand Function Ideas

- Puzzles
- Using ink pads to create pictures
- Cut and paste activities
- Peeling and placing stickers on lines
- Legos

Hand Function Activities



Activities that Require the use of Both Hands

- Using both hands to work together is important for fine motor skills.
- Cutting paper
- Stirring when cooking
- Drumming
- Pushing/pulling activities
- Lacing activities
- Buttoning clothes

Other Activities and Games

- Connect Four
- Card games (old maid, go fish, war, uno)
- Battleship
- Trouble
- Hungry hippo
- Operation
- puzzles
- Using squirt bottle and wiping off tables
- Punching holes in various textures
- Placing clothespins on cardboard and removing the pins. Can do letter and color matching games
- Squeezing sponges in water or using it when painting

Technology and Fine Motor Skills

- Does technology help with fine motor skills?
 - Although technology such as Ipads can be good tool to use for educational activities it is not best to use when working on fine motor skills
- Using tangible items that require the student to use his/hers fingers and hands in multiple ways is more beneficial
- Making sure that the student gets a lot of gross motor play will also help with development of fine motor skills

Other Resources

www.hwtears.com

- This is the Handwriting Without Tears website. This website offers printable worksheets for you to use with your child along with ideas to help with handwriting. You can also purchase the Handwriting Without Tears workbooks for your child to work on at home or during the summer.

www.familyfun.go.com

- This website has arts and craft activities. It also has great ideas for games and recipes for you and your child to do at home. There are printable crafts and coloring pages as well.

- www.uptoten.com

- This website, like the previous two, has activities, coloring sheets, as well as games. This website also has printable pages for cutting and very neat crafts for your child to do! This website also has jigsaw puzzles which would be a great way to utilize the drag and click on the mouse!

- www.thekidzpage.com

- This website has a lot of holiday crafts and activities for children. It has learning games, along with jigsaw puzzles and printable coloring pages. It also has clip art for your child to use!

- www.wakegov.com/parks/default.htm

- This website has a list of all the parks in Wake County, along with summer camps and activities going on in Wake County.