

Fine Motor Skills 18-22nd January

Try to copy some of the patterns on this worksheet onto a piece of paper at home



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How to change the print size of this resource

- In your PDF reader, click the 'File' menu
- Select 'Print'
- Click the box next to 'Print Scaling' and select 'Multiple Pages Per Sheet'
- You will now have various options, which will enable you to print several pages on just one sheet of paper.

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Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb. They help you perform important tasks like feeding, grasping toys, buttoning and zipping clothes, writing, drawing, and more. The ability to complete self-care and every day tasks helps self esteem and confidence to increase. We can build fine motor skills through practise and fun activities.

- Colouring / Drawing
- Cutting
- Tracing
- Writing
- Using Glass Jewels
- Activities with Snap Cubes
- Play Dough Activities
- Sorting Pom Poms / Objects with Play Tweezers

- FREE PLAY ACTIVITIES
- Building with Legos and Blocks
- Puzzles
- Dressing Dolls
- Playing Games like Operation
- Beading Necklaces
- Drawing with Chalk
- Playing with Play Dough

- SELF-CARE ACTIVITIES
- Tying Shoes
- Buttoning and Zipping Shirts and Jackets
- Eating and Cutting Food
- Brushing Hair and Teeth

Have a look at the advice and activities here

NHS Lothian
Paediatric Occupational Therapy

IDEAS TO PROMOTE WRITING SKILLS

Coordinators, occupational therapists, speech and language therapists and other professionals can help children develop their writing skills. This document provides ideas to help children develop their writing skills.

- You should consistently check your child's posture at the table, i.e. feet flat on the floor, arms at table height and top high or low back which would lead to poor posture with an increased risk of shoulder and neck pain.
- Ensure the child's feet are flat on the floor and the top of the feet are supported.
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Have a look here for more fun ideas.
<https://www.yourtherapysource.com/fine-motor-activities-free-stuff/>