



# Fine Motor Activities to support the development of a child's pencil skills:

The following are important for the development of a child's pencil skills:

**Poking and pointing:** practice tasks/activities that use just one or two fingers (not all fingers at once) in order to develop finger coordination and manipulation skills.

**Hand and finger strength:** practice activities that involve scrunching paper/play doh, using tweezers, clothes pegs.

**Sensory pay activities** e.g. finding objects in rice/pasta/flour, finger painting to assist with the development of tactile awareness.

**Hand-eye coordination:** practice activities that involve hand-eye coordination and crossing the midline e.g. throwing/catching, copying actions/playing games such as Simon Says.

**Upper limb strength:** Participating in play activities that develop upper limb strength such as climbing, animal walks.

## Fine Motor Activity Suggestions:

**Threading and lacing** with a variety of sized laces and beads. Dried pasta is also good for threading.

**Play doh** activities that involve rolling with hands or with a rolling pin, hiding objects in the doh and picking out with fingers or tweezers or creative construction.

**Cutting with scissors:** this can be graded e.g. cutting up straws or a strip of card is easier than cutting up a shape drawn on a piece of paper.

**Drawing/painting** on a vertical surface on large pieces of paper.

**Finger games or action songs** that require hand/finger actions such as Incy wincy Spider.

**Arts and crafts:** making things out of card, using glue, sticky tape, wool etc.

**Construction:** building with duplo, lego, stickle bricks, mega blocks and other construction toys.

Providing care on behalf of North East Essex Community Services Collaborative



Completing activities in a variety of positions, as well as sitting at a table can make activities fun and also promote balance, stability and postural control. These positions depend on the skills of the individual child and should be used only when practicing already learned skills or skills that require less concentration or precision. Some of these positions could be tiring for the child.

### Standing

- An excellent change from the table and chair position
- Use a chalkboard, easel or paper taped to the wall
- Provides opportunity to reach



### Quadruped

- An excellent position for doing interactive joint projects or colouring in
- Bearing weight through the arms assists in developing upper limb stability needed for control in drawing and writing



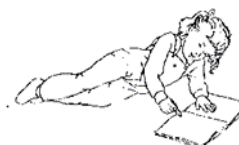
### Prone on Tummy or Lying

- In this position the child's whole body, elbows, forearms and wrists are supported
- This position provides an excellent base of support from which to perform new, challenging fine motor tasks



### Side Leaning

- Side leaning is another posture that puts the child on the floor and low to the ground. The child can lean on the assist hand side and leave the dominant hand free to complete tasks



### Half Kneeling

- This is one of the most challenging positions. Half kneeling at a table is easier than without support



### Kneeling

- This position has the advantage of strengthening the lower limbs

