



Fine motor skills

What are 'Fine motor skills'?

Fine motor skills are the ability to make movements using the small muscles in our hands and wrists.

Some examples of fine motor skills in

Art:

- Drawing
- Painting
- Scissor skills
- Modelling
- Sculpting
- Collage
- Sewing



Examples of activities to improve fine motor skill development:

- Pegs - How many clothes pegs can your child peg around a box or object in a minute.
- Scissor skills - practise cutting along lines and around shapes.
- Tracing over simple shapes and lines.
- Practising pencil grips.
- Practising paintbrush grips.
- Using a stick to draw in sand/mud (Try practising smaller shapes and lines to develop control).
- Tweezers - Using tweezers to pick up small objects.
- Weaving - Weaving paper or materials.
- Thread items onto string.
- Knead and manipulate clay/play dough with their fingers.
- Tear fine materials using their fingers.
- Squeeze pipettes or hole punches.
- Outlines - Give your child an outline of an image. They must then use string and glue to go over the image outline.