

Fine Motor Skills Development prior to introducing pre writing skills



Palmar grasp and release

Squeeze water out of a sponge, pouring water between containers, kneading dough

Play dough or theraputty – refer to our hand and finger warm up activities on our website, stacking games, wooden hammer sets

Target practice, throwing / catching, holding on to swing ropes, tug of war, row row row your boat, animal walks

Developing a pincer grasp :

Tweezers, threading beads, peg towers, pipe cleaners

Turning pages of a book, pull along toys, connect 4

Make paper chains, pop bubble wrap, peeling stickers

Finger isolation

Finger puppets, finger rhymes,

Draw in a variety of textures, press beads / marbles in to theraputty / playdough

Pop bubbles, dial numbers on a phone

Hand arches and in hand manipulation

Squirt bottle, shake dice on your hand, open jar / container

Card games, cut play dough with a knife, writing with small chalk

Sharpen pencils, remove / put on small lids, taking out small coins / items from a purse