

Fine Motor Skills

Fine motor skills refer to the coordination between small muscles, like those of the hands and fingers, with the eyes. Fine motor skills involve the small muscles of the body that enable such functions as writing, grasping small objects and fastening clothing.

Have a go at some of these activities to encourage excellent fine motor skills.

You can use ready made paints or play dough to do different activities but the process of actually making the resources is also excellent to promote these essential skills.



MOTHERCOULD FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

- 1.Mix together the baking soda and gelatin.
2. Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



MOTHERCOULD PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsp cream of tartar
- 1 tbsp oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

- 1.In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.



MOTHERCOULD PUFFY PAINT

YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

INSTRUCTIONS:

- 1.Add equal parts glue and shaving cream in a bowl.
 2. Add food coloring and mix well.
- []If you want to use the paint in a DIY piping bag:
- 1.Add the paint to a ziplock bag.
 - 2.Close the bag and cut a small piece of corner off.
 - 3.Squeeze the paint through the opening



MOTHERCOULD TASTE SAFE PAINT

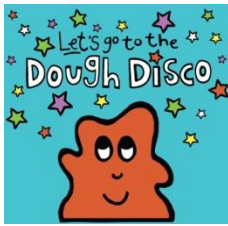
YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

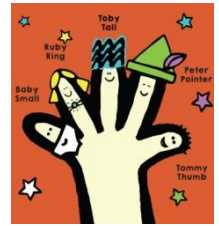
INSTRUCTIONS:

- 1.Mix the flour and salt in a bowl.
 2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
 3. Whip well until and the clumps dissolve.
- *You can add more or less water depending on the consistency you desire.
**Store in the refrigerator

Dough Disco



Let's go to the dough disco... follow video supervision from the Spread the Happiness website let your children take part in the dough disco - we would recommend this daily for no more than 5 minutes each session. The children Love to have a go at this.



<https://www.spreadthehappiness.co.uk/free-tv-happy-links/>

Finger Gym - Keep little fingers busy. All of these activities strengthen the muscles in the hands and improve hand-eye co-ordination which in turn will improve handwriting skills generally.



Weaving, threading is fantastic for little fingers. Use kitchen accessories, cooker/overn shelves/racks with any types of fabrics you have at home - old towels/flannels, pillowcases are great to use in strips for weaving!



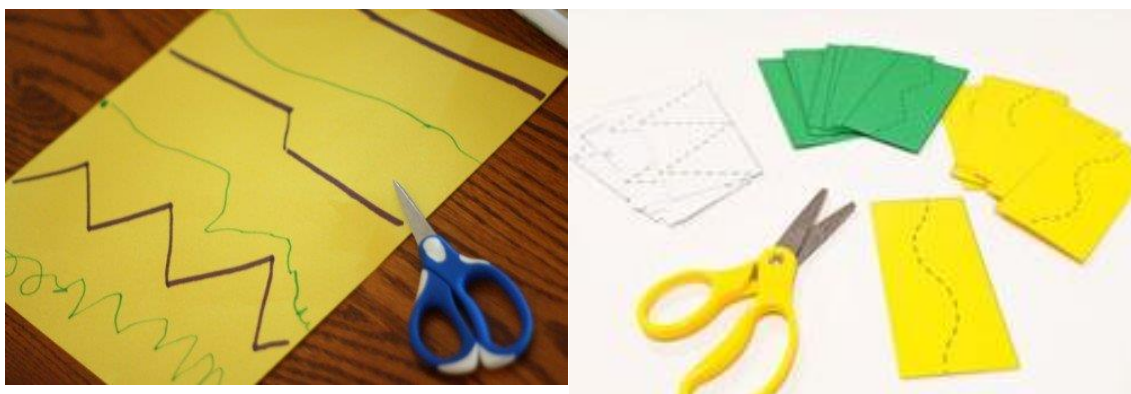
Cereal and play dough! Use a ball of play dough to stabilise some long spaghetti strips, Cheerios (or similar) can be used to thread on to the pasta to aide hand-eye co-ordination.

Another nice activity is to put rubber bands or bobbles over different objects such as tins or tubes.



Cutting and using scissors...

Using scissors can be really tricky to do properly. Draw some shapes onto some paper or different types of lines for them to follow and cut along - even better if they copy your lines first!



Top Tip! Draw a smiley face on your child's cutting hand like in the picture... remind them that the smiley face always needs to be facing upwards whilst they are cutting out! ☺ Don't stop with paper either... use anything that you have to hand in the home - magazines, old rolls of wallpaper, toilet roll tubes, old birthday cards, different types of foods... spaghetti is perfect!



Pegs! Pegs are amazing for strengthening muscle groups in the hands...make a mini washing line and let your child use pegs to hang out their washing!

