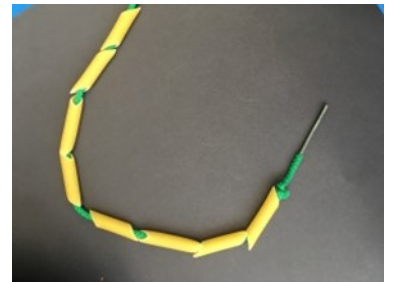


Funky Fingers

In school, children engage in a range of activities to help develop their fine motor skills. These activities strengthen the finger muscles required for writing. Here are some ideas of things you can do at home.

Threading



Pegs



Picking up Small Objects

Pick up small objects and make them into a pattern or move them from one bowl/ plate to another. Use a timer to make it a challenge. Possible small objects you might have in your house: pasta, buttons, lentils, dried beans, beads, paper clips, marbles, cereal. Lifting stickers off their paper is also a good challenge.



Using Tools

Using scissors, tweezers, hole punches and elastic bands in a range of activities.



Other Ideas

Playdough, marbles, squeezing activities (bottles, sprays), construction toys (Lego, bolts and screws),