



## IDEAS TO SUPPORT FINE MOTOR AND GROSS MOTOR SKILLS

### **FINE MOTOR SKILLS TO STRENGTHEN FINGERS AND IMPROVE GRIP**

- ✓ Playdough – recipe available on Darell Nursery webpage and on information board, your child should be involved in making it, this would improve his/her interest in playing with it
- ✓ Clay – tougher than playdough and even better finger exercise. Your child should practise pushing things in and pulling them out
- ✓ Woodwork – Hammer golf tees into pumpkins/swedes/potatoes and pull them out, hammer nails into wood
- ✓ Clothes pegs – not for pegging things up, simply practise opening and closing. Sing a rhyme or put on rhythmic music to make it more fun
- ✓ Bubble wrap – how many bubbles can your child pop in a minute?
- ✓ Threading – shoe laces and tubular pasta
- ✓ Pushing a pencil into thick cardboard – how many holes can your child make in a minute?
- ✓ Mark-making – engage your child in different ways to make marks on surfaces before expecting them to pick up a pen and write their name – See ideas on webpage 'Let's Write'

Provide opportunities to mark-make on outside walls (with a brush and water), on flattened out boxes on the floor – boys often prefer lying down on their tummies to write – on clipboards – makes children feel business-like – on wipeboards, on lining paper  
Provide a variety of mark-making tools – adult paint brushes and rollers, chalk – thin and thick – felt pens of varying width, brushes of varying width, paint, paint and more paint.  
Avoid pencils as they produce a poor result

### **GROSS MOTOR SKILLS**

- ✓ Lots of opportunity for kicking a ball, throwing a ball or a beanbag or a quoit at a target – encourage overarm movements to strengthen his upper arm
- ✓ Get your child to carry big items (within reason!), again to strengthen his upper arms and to carry things above his head
- ✓ Drums, claves or shakers – encourage your child to keep a beat and use their wrists
- ✓ Lots of opportunity to practise balance and co-ordination – standing on one leg, then hopping, jumping up and down and from reasonable heights, walking along a raised edge, star jumps, jogging on the spot, make up short dance routines – you need only 3 different actions repeating each one several times, select music with a clear beat.
- ✓ Opportunities for your child to 'feel' their weight eg. pressing her/his back against a wall or someone else's back, pulling on a rope tied to a tree, If you have one, a gym ball to let your child press their stomach against and control