

Fine Motor Kit Ingredients



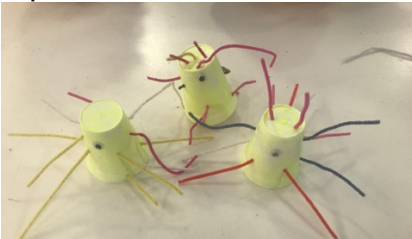

Creating a fine motor kit, with everyday household items is a great way to get the intrinsic muscles of the hand working and becoming co-ordinated. We need these muscles to co-ordinate with our eyes in order to become functional with tools such as a pencil, scissors, buttons, shoelaces and a knife a fork.



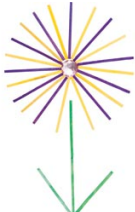
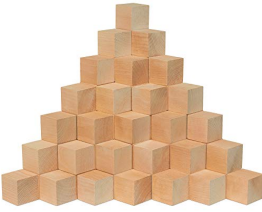


Children find it easier to master fine motor tasks when their body is strong and they know how their hands and fingers are connected. You can build strength and body awareness by making sure they have lots of daily physical activity (at least 3 hours a day for children under 5!). Once their body is strong and coordinated, they will be able to further develop their fine motor skills.


It is important to work toward function by making sure the child can:


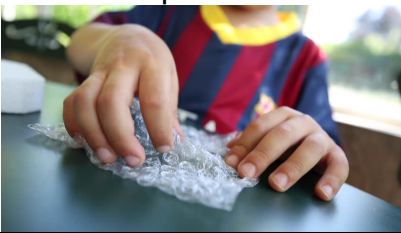
- Isolate their pointer finger
- Use a nipper grip (just their thumb and index finger, with remaining fingers tucked away)
- Have good in hand manipulation (use lots of tools)
- Develop strength
- Build in speed






Go through this list and aim to choose two activities a day. This regular practice of skills will soon get their hands and fingers working together. Each activity is only short so by doing 2 a day means 5-10 min of fun play based interaction!

Activity	How to use it	What it is working on
Pipe Cleaners 	Bend to make shapes / letters Connect to make shapes / letters Use in a craft activity, like poking it through paper to make a antennas on a bee	Pincer grip (holding it with thumb and index finger) Intrinsic hand mobility and strength Use of bilateral hand skills
Tongs and Animal Chopsticks 	Use tongs to pick up blocks, cotton wool, socks or scrunched up paper and drop into a bowl. Throw blocks on the floor and child has to crawl around the floor to collect them in tongs and bring them back to the bowl. Use to pick up small items (i.e. matchsticks, linking chains) – large and heavy	Functional grasps Cross midline (take the tongs across the body to the bowl) Hand strength Hand awareness (knowing how hard/ soft to grasp the tongs)

Tweezers 	Use tweezers to pick up tricky items like cornflakes, rice or small beads Set up a sorting station for pieces of coloured paper	In hand manipulation Eye hand control Patterns and sequencing Body awareness
Popsticks 	Build a popstick house (lay two horizontal, two vertical then two horizontal two vertical etc) Construct large letters with them on the table Make a popstick spaceman out of it Stick small beads and gems on them and build a fence for a castle	Visual motor control (not knocking over the house) Pincer grip Assist in word spacing
Coloured matchsticks 	Place down in coloured pattern Make a straight line of the matchsticks at a speed Make shapes out of matchsticks	Pincer grip Fluency and speed Visual motor control Concepts of colour and patterns
Blocks 	Build towers out of them Copy block patterns Make a race track, child then can play on hands and knees to race their toy car through it	Pincer grip Visual motor control (not knocking it over) Visual motor integration (copying)
Medicine Syringe / eye dropper 	Use thumb, index and middle fingers to pick up water and drop into a cup one drop at a time (can place food colouring into water and then drop onto paper to make a colourful design)	Bilateral integration Finger strength
Spray bottle 	Spray indoor plants (or outdoor plants) with a spray bottle	Hand strength

<p>Pegs – mini and large</p> 	<p>Pick up and place on container edge, to build a fence Peg paper onto a piece of string Hang up dollie's clothing</p>	<p>Pincer grip Bilateral integration Finger strength</p>
<p>Cotton wool</p> 	<p>Use tongs to pick it up Play tactile feely games prior to writing Use tweezers to pick up and dip into paint to create a colourful picture Use a teaspoon to try and collect the cotton wool and transfer it into empty egg containers</p>	<p>Functional grasp Hand awareness</p>
<p>Jumping Frogs</p> 	<p>Use pointer finger to jump the frogs into the bucket Line up the frogs and see which one jumps further Lay on the ground, propped on their tummy to have a frog race.</p>	<p>Finger isolation Finger strength (this is very tricky initially!) Hand dominance – focus on getting them only using the one hand</p>
<p>Squeezy Frog</p> 	<p>Use with whole hand and then use between thumb and index finger – to poke the frogs tongue out (must have thumb covering the air hole on bottom of frog)</p>	<p>Hand strength Finger strength Pincer grip</p>
<p>Noisy crickets</p> 	<p>Click with index finger and thumb</p>	<p>Pincer grip Finger strength</p>

<p>Playdoh</p> 	<p>Roll it, squeeze it, pinch it, squash it, make letters out of it. Hide marbles in the playdoh and child has to find the marble with their nipper fingers.</p>	<p>Pincer grip Hand strength Letter formation</p>
<p>Marbles in take away container</p> 	<p>Pick up marble in nipper fingers (index and thumb, others tucked away) and post into hole in lid of take away containers flick marbles with fingers to hit other marbles</p>	<p>Pincer grip Finger strength Visual motor control</p>
<p>Linking chains / paper clips</p> 	<p>Hold with nipper fingers and link to make a chain – do it at a speed or make a colour pattern</p>	<p>Pincer grip Visual motor control Speed and dexterity</p>
<p>Wind-up toy</p> 	<p>Hold toy in non dominant hand and wind with nipper fingers in dominant hand let go and watch it move! Make sure you use the nipper fingers</p>	<p>Bilateral hand skills In hand manipulation Pincer grip Finger strength</p>
<p>Bubble wrap</p> 	<p>Pop bubble wrap with nipper fingers only Place under paper when writing when student presses too hard on the paper</p>	<p>Hand strength Pincer grip Bilateral integration Pencil pressure</p>
<p>Squeezy ball</p> 	<p>Squeeze, roll, throw, catch ball</p>	<p>Eye hand coordination Hand strength Hand awareness</p>

<p>Connect Four</p> 	<p>Great for use of nipper fingers Make sure they use the one hand only</p>	<p>Pincer grip Eye hand co-ordination Patterns and rule</p>
<p>Operation</p> 	<p>Use nipper fingers to use the tweezers – don't get zapped!</p>	<p>Pincer grip Visual motor control</p>
<p>Puzzles</p> 	<p>Vary where you do the puzzles, standing at the table or four point kneeling on the floor is great for core strength</p>	<p>Visual perception skills Pincer grip Bilateral intergration Crossing the midline</p>
<p>Card games</p> 	<p>Simple card games like memory – turn a card over and find the match – make sure you use your nippers Holding a hand of cards can be tricky.. start with a small number and then build up Shuffling is awesome skill – start by moving the cards from front of the pile the pack, all whilst in the hand still.</p>	<p>Bilateral hand skills Patterns Numbers In hand manipulation Pincer grip</p>
<p>Make a cake</p> 	<p>Pouring, stirring, mixing, levelling and rolling all require a great deal of strength and coordination. Grade the activities so you can get them started at each stage of the activity and pull back the support you provide so they develop a sense of mastery.</p>	<p>Bilateral hand skills Patterns Numbers In hand manipulation Pincer grip Planning</p>

<p>Set the table</p> 	<p>Fine motor skills are needed for laying cutlery down Planning for number of pieces required,</p>	<p>Eye hand control Planning Body awareness</p>
<p>Paper games</p> 	<p>Learn simple origami (paper plane) Fold paper in half and place into envelope Scrunch paper in ball and flick it away with index finger Trace around the hand with the opposite hand</p>	<p>Bilateral hand skills Hand strength Visual motor control Eye hand coordination Planning Body awareness</p>
<p>Cutting games</p> 	<p>Cut straight strip of paper to make a lantern Start with snips, then straight lines, then curves and then corners. Use helping hand to hold the paper (thumb on top), helping hand then turns the paper. Keep elbow of hand holding the scissors close to the body. Open shut them song can be a great intro to the correct technique</p>	<p>Bilateral hand skills Hand strength Visual motor control Eye hand coordination</p>
<p>Pot a plant</p> 	<p>Planning to choose the plant and pot Choose a plain pot and decorate to amp up the fine motor element</p>	<p>Fine motor control for placing on gardening gloves Strength to dig the hole, for soil Coordination to pour in potting mix Body awareness to carefully place plant in soil Eye hand coordination to water the plant Hand strength</p>

Fine motor kit ingredients



Walk around the rooms in your house and identify what games and tools could be pulled into a fine motor treasure kit. So many items you will already have!

Find a tub or bucket and put all the toys in the one spot, so you know you have a handy kit ready to go!

<i>Item</i>	<i>In Box</i>
Pipe Cleaners	
Tongs and Animal Chopsticks	
Tweezers	
Popsticks	
Coloured matchsticks	
Blocks	
Medicine Syringe / eye dropper	
Spray bottle	
Pegs – mini and large	
Cotton wool	
Jumping Frogs	
Squeezy Frog	
Noisy crickets	
Playdoh	
Marbles in take away container	
Linking chains / paper clips	
Wind-up toy	
Bubble wrap	
Squeezy ball	
Connect Four	
Operation	
Puzzles	
Card games	
Mixing bowls, spoons, spatulas	
Cutlery	
Paper	
Scissors	
Shovels, pots, watering can	