

## Fine motor fun!

Using our fingers and hands in different ways is really important to help our intrinsic hand muscles develop control, precision and strength. These hand skills are vital for so many aspects in life including cutting, writing, tying our shoelaces or wrapping a sandwich!

Check what equipment you will need before you start, roll a dice and whatever number it lands on you have to complete that fine motor game! Next time create your own fine motor fun!

Check what equipment you will need before you star

	First roll	Second roll	Third roll
	Scrunch up paper in one hand only and see how far your can flick it with your pointer finger!	Pretend you are washing your hands, rub the soap, turn the tap, rinse your fingers and dry off!	Rip a piece of paper into 3 pieces and scrunch it into 4 balls.
	Trace around your helping hand on a white board or piece of paper	Coin flip – how fast can you turn over your coin? – remember to use one hand only and your nippers!	Water all the indoor plants (or outdoor)... don't spill any!
	Put on a pretend pair of gloves (or real ones!) make sure you smooth each finger!	Use some tweezers to collect 10 cornflakes or rice bubbles and put them in a bowl	Chose your favourite game that uses your fingers and play it with a friend!
	Do 10 x wall push ups	Lay you hands flat on a table, try and lift each finger off the table one at a time... do it 3 times!	Sing open shut them song.. don't forget to roll them roll them.. what's another way you can move your hands?
	Clap hands soft and loud for 30 seconds– grab a friend and match their clapping	Place pegs around the edge of a container – use your nipper fingers and helper to hold the container.	Hold pencil pine pose for 30 seconds
	Grab a pair of tongs and 10 blocks. Build a 10 block tower with the tongs!	Grab 10 cards out of a deck, lay them on the table and flip them one at a time.	Place 10 counters in connect four – use your nippers on one hand only

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