

Funtastic Fine Motor Activities

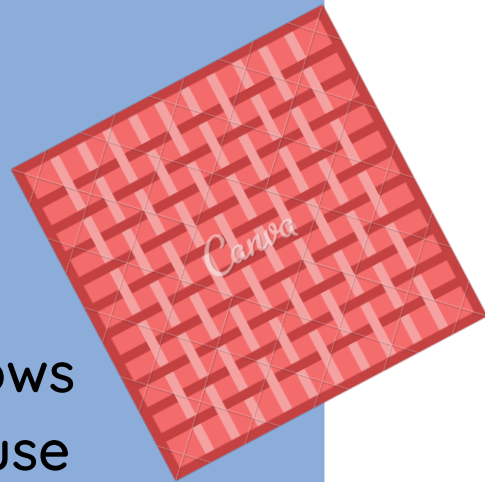
Weaving

Materials:

- A 'loom'- Paper or cardboard with slits, baking rack, sieve, basket, fabric.
- Weaving materials- yarn, strips of paper, ribbon, pipe cleaners, fabric.

How:

Encourage your child to slip the materials between alternating rows of your 'loom'. Get creative and use different shapes or patterns. This activity can help foster hand-eye coordination and dexterity.



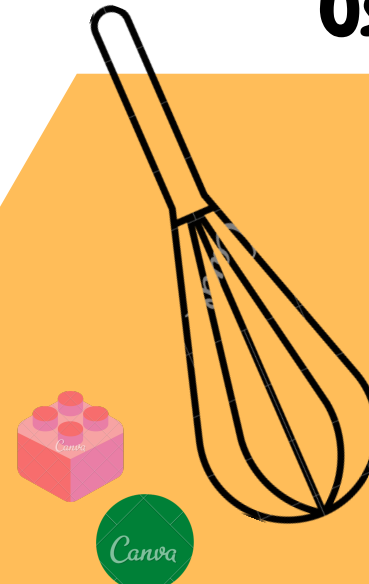
Using a Whisk

Materials:

- A whisk
- Items to put inside (e.g. pompom balls, paper balls, small figurines)

How:

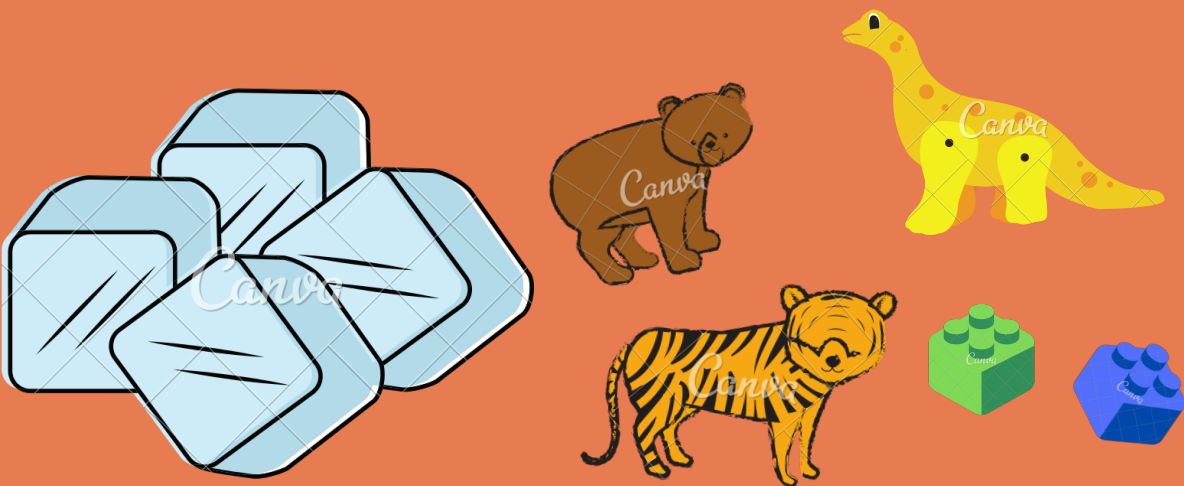
Place items inside the whisk. Encourage your child to remove them. This activity works on the ability to manipulate items with their fingers; larger items are more challenging.



Ice Play

Materials:

- Ice
- Toys (e.g. figures, blocks, cars)
- Container, spoon, ladle, cup (optional)



How:

Freeze a selection of toys; this can be done in individual containers or one large container. Encourage your child to use a spoon/utensils to break the ice to free the toy. They may also use a spoon or ladle to pour warm water on the ice to melt it. This can help develop hand strength, mobility and hand-eye coordination.

Collage

Materials:

- Paper, Scrap Paper/Newspaper
- Marker/Pencil
- Glue

How:

Draw shapes/pictures on a sheet of paper. Then, tear up pieces of scrap paper/newspaper and stick it on the shape, following the lines. This will facilitate the use of pincer grip, finger strength and bilateral control.



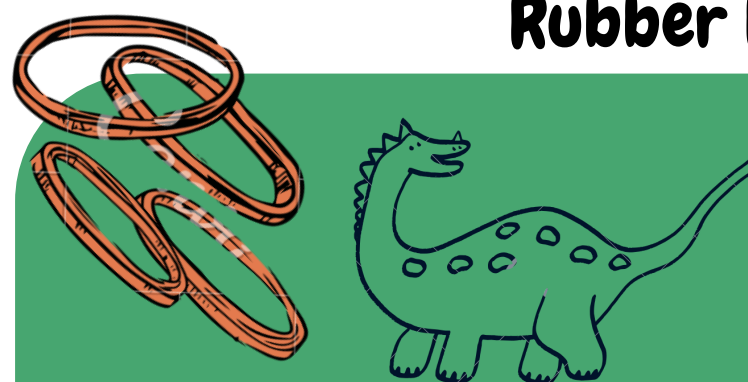
Rubber band Rescue

Materials:

- Rubber bands
- Toys (e.g. figures, cars)

How:

"Trap" 1 or 2 toys together by tying them together with rubber bands and have your child "rescue" them. This activity develops dexterity, strength and planning. Adding more loops or bands increases the difficulty of the task.



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