

# 50 EASY FINE MOTOR CONTROL IDEAS FOR DEVELOPING EARLY WRITING AND INDEPENDENCE SKILLS

10 easy ideas for developing each of the following areas which support writing:

- In hand manipulation
- Bilateral Integration
- Hand strengthening
- Visual Motor Integration
- Pencil grip



by Every Day's a School Day

Join our facebook group 'School Starters Hub' for expert advice and support in a friendly community

EVERY DAY'S A SCHOOL DAY

## IN HAND MANIPULATION

10 ideas for developing skills for moving objects within one hand using fingers. These skills help with pencil control and handwriting.



- Climb the pencil - hold a pencil at the top and climb the fingers up the top and down again.



- Get your child to touch each of their finger tips one at a time using their thumb



- picking up small objects such as marbles, beads (you can use tongs too)



- screwing and unscrewing bottle tops



- Handling coins and money, several coins in one hand, moving coins to fingers and into palm.



- Use a small object between thumb and index finger - slide it across all their fingers and back again.



- Posting small objects (money box etc)



- play with spinning tops



- Dice - can they show you different numbers by moving the dice in just one hand?



- holding several playing cards, hold together and then fan them out

## BILATERAL INTEGRATION

10 ideas for developing skills to coordinate both sides of the body at the same time in a controlled and organized manner, crossing the midline and establishing one hand dominance (right handed or left handed)



- movement to music  
- two movements at the same time (e.g march and clap)



- Cutting with scissors, holding paper with one hand and scissors with the other.



- pass the parcel  
(or teddy, object etc)



- sorting/ moving objects from a pile/ container on one side on the child to the other side.



- lacing, threading activities - holding with one hand, threading with the other.



- rainbow writing around the body - sitting on paper draw from one hip around to the other



- clapping rhymes and rhythms (clap, tap opposite knees, repeat etc)



- zips, buttons, turning pages of books



- playing catch (two hands to catch)



- hopping/ jumping obstacle course, hopscotch

## HAND AND FINGER STRENGTH

10 ideas for developing skills for everyday tasks, cutting, creative skills, holding a pencil with control, writing.



- dough - squeezing, rolling, pinching, creating.



- squeezing sponges, squishy balls, squeaky toys etc



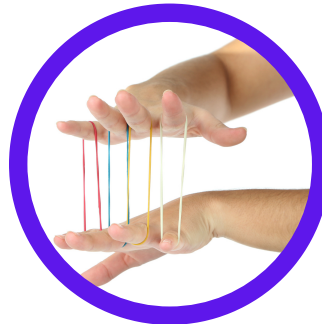
- squeezezy bottles (use water and squeeze onto playground/ wall areas)



- pulling - velcro strips, tape from roll,



- using pegs (races/ timers to peg, unpeg, swap pegs from one object to another)



- elastic bands, hair bands - pulling, stretching, geo boards,



- spray bottles (letters on a chalk board, target practise/ races to spray them off!)



- hole punchers, staplers



- scrunching paper

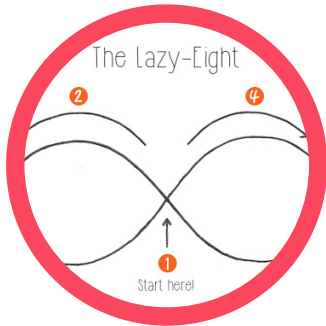


- tongs, tweezers, turkey basters. pipets

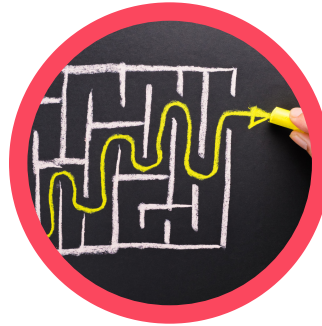


## VISUAL MOTOR SKILLS

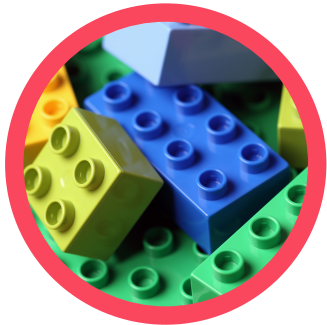
10 ideas for developing skills for visual skills and hand-eye co-ordination.



- lazy 8 pictures, drawings, rainbow, tracing.



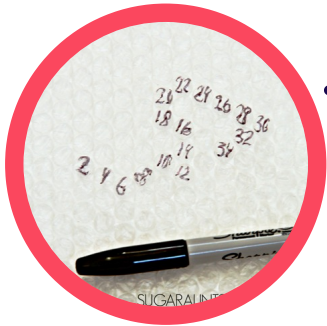
- mazes and dot to dot sheets



- stacking blocks, construction resources



- posting/ threading smaller objects, pipe cleaners into bottle top, straw pieces onto spaghetti



- bubble wrap - with letters, numbers or colours on - say and pop the right ones!



- I spy (you can use books like where's wally and i spy sheets)



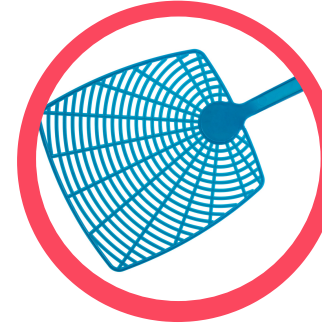
- paint sticks/ stampers - stamp letters/ numbers



- puzzles, jigsaws, interlocking puzzles, shape puzzles.



- ball skills, rolling ball to a target, range of sized balls and marbles.



- splat! (use fly swatter or spatula - splat colours, numbers, letters)

## PENCIL GRIP

10 ideas for developing skills for holding a pencil or writing object.



- use short pencils/ broken crayons - tiny pieces encourage using pincer grip to hold



- using different objects - sticks, brushes, giant pencils, feathers



- vertical surfaces (develops the wrist extension)



- stickers - peeling them off the sheet with pincer grip



- nail painting on cardboard fingers



- pinching activities for pincer grip - clay/ dough hedgehogs



- hold a pom pom or small object in palm while holding a pencil



- peg onto a pencil, hold the peg in palm and pincer the pencil



- tongs and tweezers to grasp objects



- practise using paperclips

## HOW CAN WE HELP?

Join our Facebook group - School Starters Hub for support and advice for preparing for Primary School:

<https://www.facebook.com/groups/schoolstartershub>



For more help understanding the reading and writing process for your child see our online Phonics workshops for parents and our 'All About Sounds Phonics Box here:



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