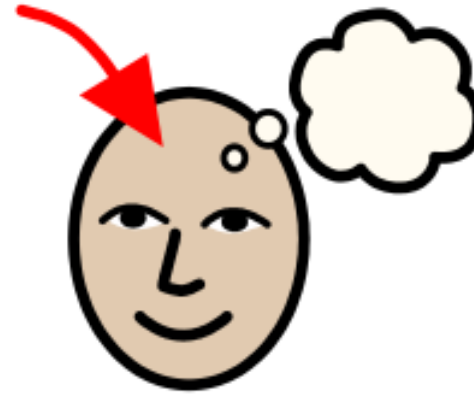




Home



learning

# Indoor fine motor skill challenges



HerewardCollege  
PROMOTING INDIVIDUAL ACHIEVEMENT

# Fine motor skills

**Fine motor skills** are the ability to make movements using the small muscles in our hands and wrists. They involve smaller actions such as picking up objects using your pincer grip (between finger and thumb), writing carefully and even blinking. These two motor skills work together to provide coordination.

We use fine motor skills when we carry out the following activities:

Holding a pen or pencil

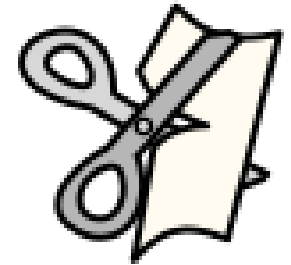
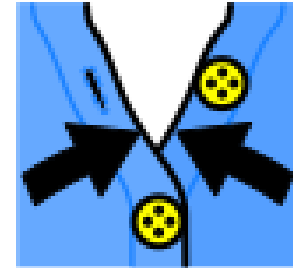
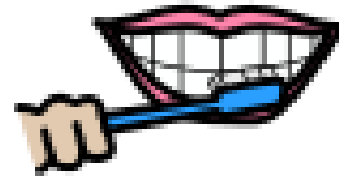
Drawing pictures and writing neatly

Stacking blocks and threading beads/buttons

Using scissors, rulers and other tools

Fastening zips and doing up buttons

Brushing our teeth



Here are some suggestions as to how you can continue to work on your fine motor skills using items you may have in your house.

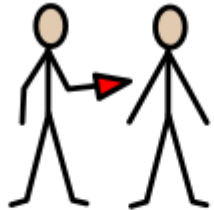
# Paperclip chain



Challenge



Can



you



make



a

paperclip



chain?



How many



paperclips



did you



use?

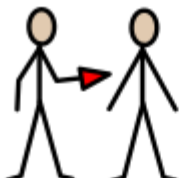
# Picking up pasta



Challenge



Can



you



pick up



some



pasta



using



chop



sticks



or tweezers?



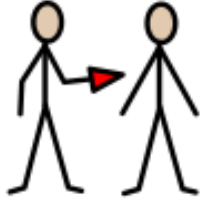
# Finger print painting



Challenge



Can



you



fill

a



piece of paper

with



finger prints?



What



colours



do you



use?



red



blue



yellow



green



black



white



pink



purple



orange



brown

# Threading beads or buttons



Challenge



How many



beads

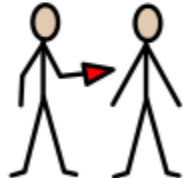
or



buttons



can



you



thread?

# Buttons and zips



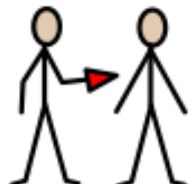
How



quickly



can



you



do up



Challenge



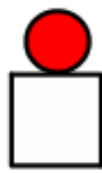
the

buttons

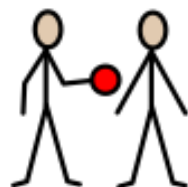
or



zip



on



your



clothes?



Can



you

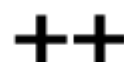


get



quicker

the



more



you



practise?

# Clipping pegs to paper



Challenge



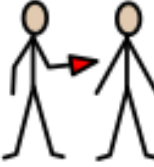
How many



pegs



can



you



clip



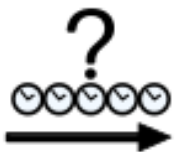
round



a piece of paper?

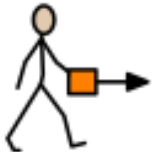


How long



did

it



take?



Can



you



do

it any



quicker?



# Coins



Challenge



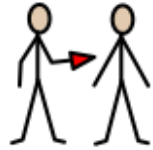
How many



coins



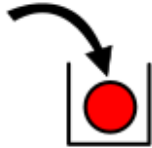
can



you



put



into

a



jar

or



money



box



in

1

one



minute?



Do you



have

++

more



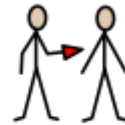
coins



each



time



you



do

it?



# Tracing



Trace



around



different



items



Challenge



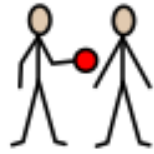
you can



find



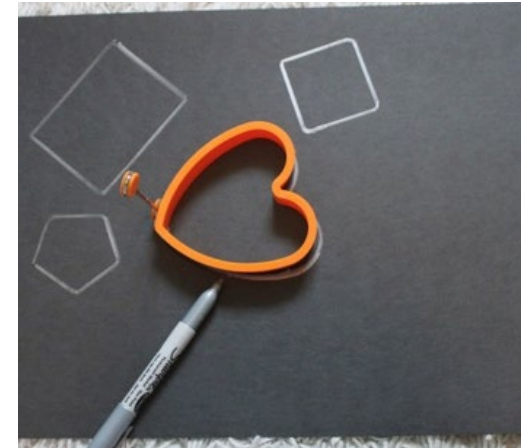
in



your



house.



What



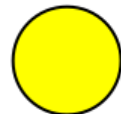
shapes



do you



see?



circle



square



rectangle



star



oval



heart



semi circle



hexagon