



## What are Fine Motor Skills?

Fine motor skills involve the manipulation of the hands and fingers. Children need fine motor control to write, draw, cut, thread, and tie.

## How to help with fine motor skill development at home?

Below is a list of activities that will help to develop your child's fine motor skills. Spending time on activities like this will build the strength and control in your child's hands and fingers. This will then aid their pencil control and letter formation when they are ready to write.

- Lego
- Playdough
- Finger painting
- Writing, drawing and colouring
- Painting with brushes
- Tiddlywinks
- Hammering boards
- Loom bands
- Hama beads
- Making snips in paper with scissors
- Cutting along straight, curved or zigzag lines
- Threading small objects onto string, wool or pipe cleaners (beads, pasta shapes etc.)
- Wind-up toys
- Attaching pegs or bulldog clips to paper or fabric
- iPad games
- Puzzles
- Nuts and bolts
- Sewing
- Wrapping pipe cleaners or elastic bands around sticks or tubes
- Using tweezers to pick up small objects
- Building with K'nex
- Mark making with a paintbrush and water
- Using chalks to write and draw outside



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