

A close-up photograph of a child's hands performing a fine motor skill activity. The child is using their fingers to thread a small, round, green bead onto a thin, orange string. The activity is taking place on a dark brown wooden surface. In the upper left corner, there is a clear plastic tray filled with many small, round, colorful beads in various colors including red, blue, yellow, orange, green, and white. Several other beads are scattered on the wooden surface around the tray. The text 'Hermitage Primary School' is overlaid in white on a blue rectangular background in the lower left area of the image.

Hermitage Primary School

Fine Motor Skills in Reception

What are Fine Motor Skills?

These are the skills that develop finger and thumb strength and hand-eye coordination which are important in early writing and for a number of other life skills.

These include pulling a zip up and down, getting dressed, putting on shoes, opening and closing things and feeding yourself.

These skills can include building strength in a child's hands through squeezing, pinching and twisting.

Practical and fun activities at home can support with this.

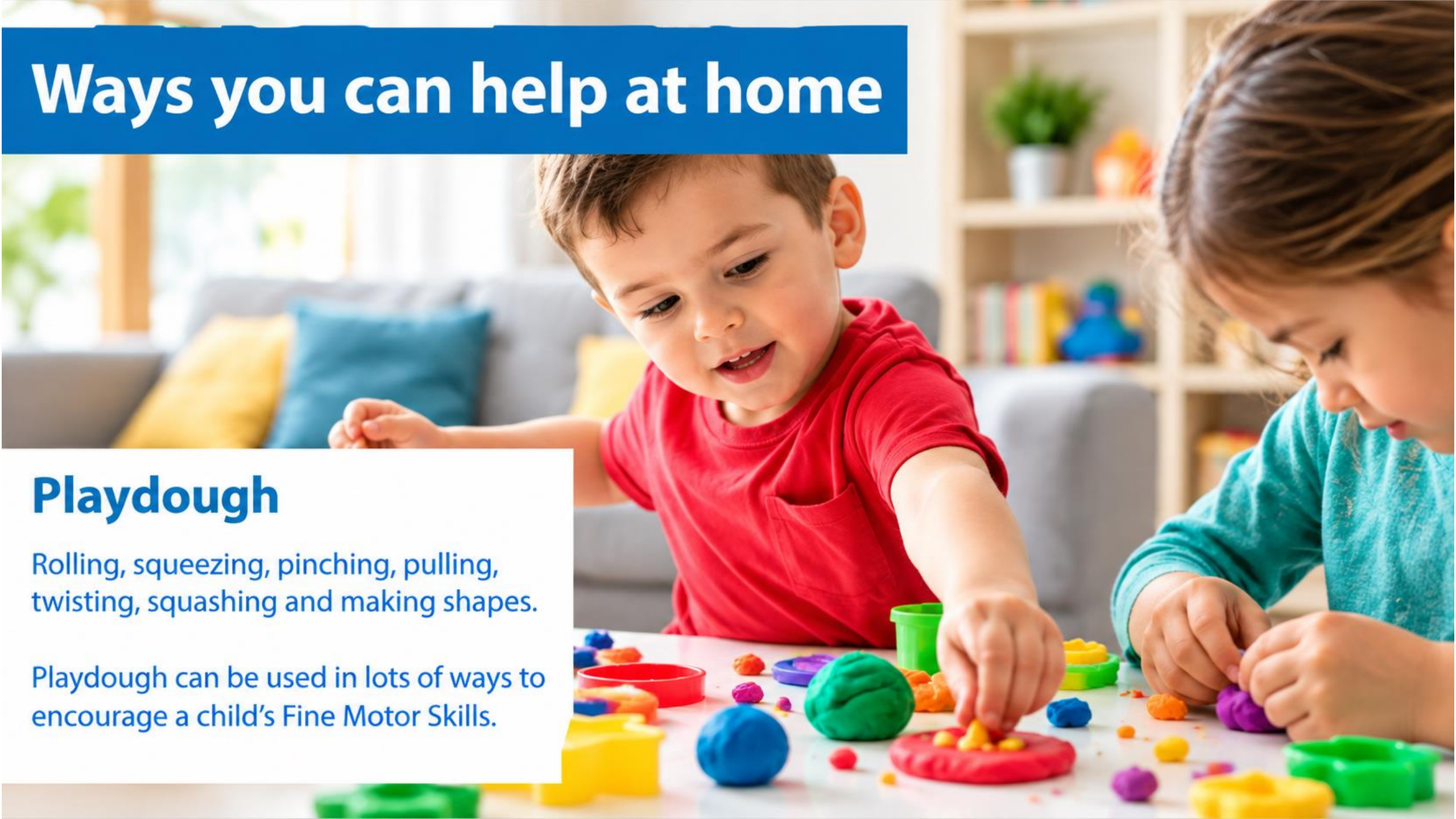


Ways you can help at home

Playdough

Rolling, squeezing, pinching, pulling, twisting, squashing and making shapes.

Playdough can be used in lots of ways to encourage a child's Fine Motor Skills.



Ways you can help at home

Threading

Children can try threading pasta or beads on to a string or pipe cleaners, or by pushing pipe cleaners in to the holes of a colander.



Ways you can help at home

Cutting

Cutting out shapes, lines and squiggles is a great way to practice scissor skills and improve the strength and flexibility of muscles in the hand.



Ways you can help at home

Stickers

Peeling and sticking on to paper or in shapes helps children use all parts of their fingers.



Ways you can help at home

Colouring and Mark Making

This will help with pencil grip and concentration – encourage them to stay in the lines!



Ways you can help at home



Pegs, Tweezers and Tongs

Use Pegs to pick up beads, pom-poms or pasta to support with finger muscles.

Other places to find ideas



the imagination tree



LEARNING 4 KIDS

Empowered
Parents

Teaching kids through play



These websites have some great resources and activities to help you with Fine Motor Skills at home.