



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



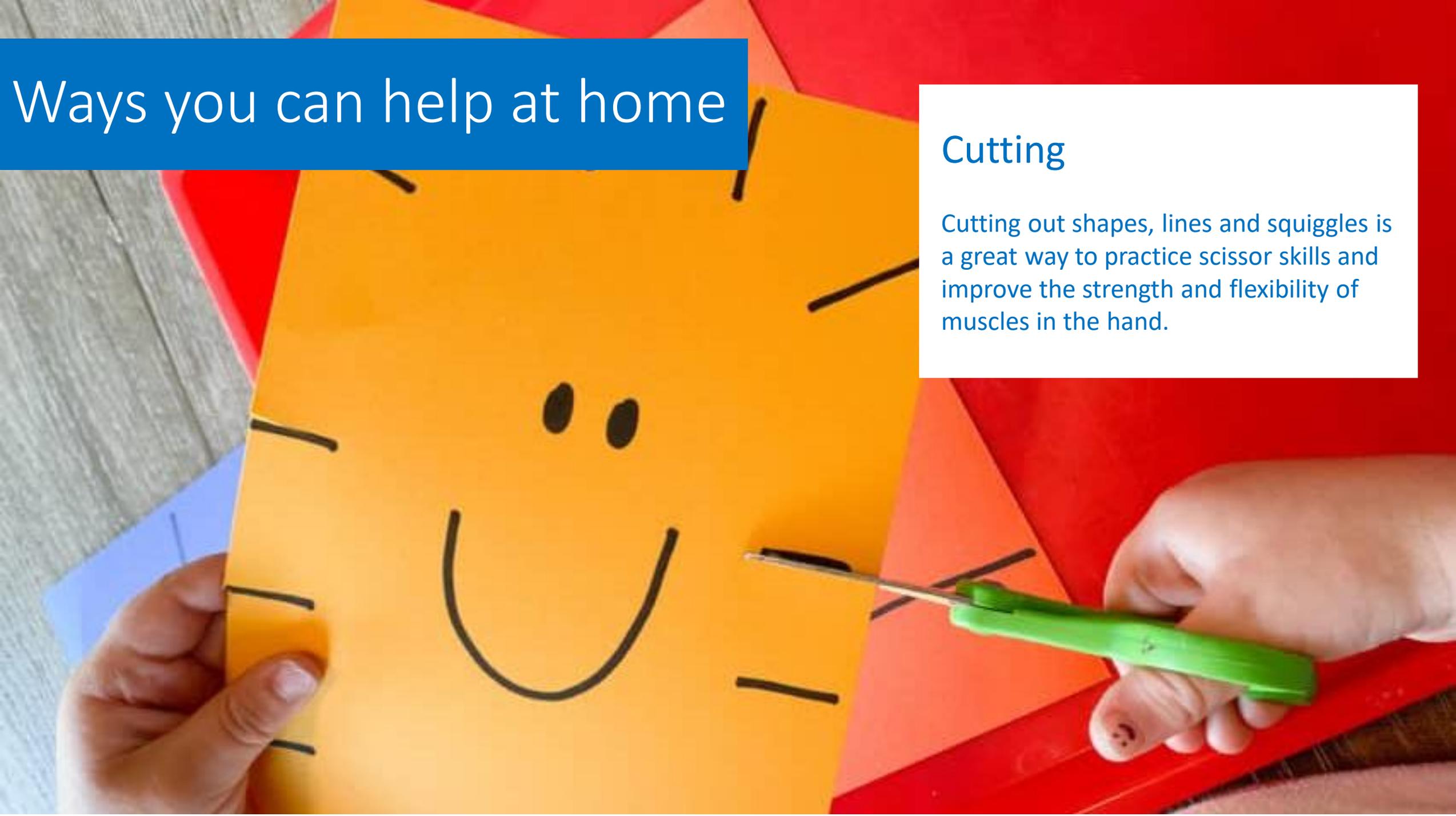
## Threading

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 on 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



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