

## What are fine motor skills?

Fine motor skills refer to the ability to use our hands and fingers in functional ways. We use our hands and fingers for tasks such as writing as well as eating and drinking. Aspects of fine motor skills include strength, dexterity (ability to move items quickly with the hand) and manipulation.



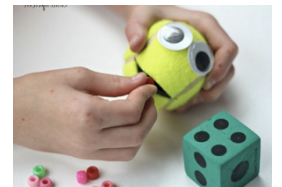
How to



## Fine Motor Skills

### Activities using nipper fingers

- Connect 4
- Spinning tops
- Pegs on a bucket
- Hanging Monkey's
- Threading beads on a string
- Find hidden objects in playdough and pull out with nipper fingers
- Sorting buttons
- Slotting coins/counters
- Pins onto a corkboard
- Marble Masher (marbles into a container with a hole in the lid)
- Practice using buttons and zippers
- Water dropper with coloured dye
- Tennis ball monster (cut a line in a tennis ball and squeeze with one hand while using nipper fingers on the other hand to feed the monster marbles)



### Fine motor activities

- Rolling/cutting playdough
- Art and craft activities
- Lego
- Board games
- Playing cards
- Rolling dice
- Picking up blocks with tongs to make a tower
- Make shapes out of pipe cleaners or Wikki sticks
- Use tweezers to place cornflakes into containers
- Sponge painting
- Colander spider
- Potato smasher

