



Helping with fine motor control

All of these things help to strengthen children's fingers which enables them to develop their writing skills and pencil grip.

1. Dough based activities with 'Play doh' or Early Learning centre 'soft stuff'. Try rolling into snakes, into small pea sized pieces only using fingertips, cutting it with a rounded knife, cutting it with scissors etc

Playdough can also be made cheaply and easily(ask a Reception team member for the recipe) and colour, perfume and glitter can be added to this for extra interest!!!

Making bread dough or biscuit dough is great too and then you can eat it!!

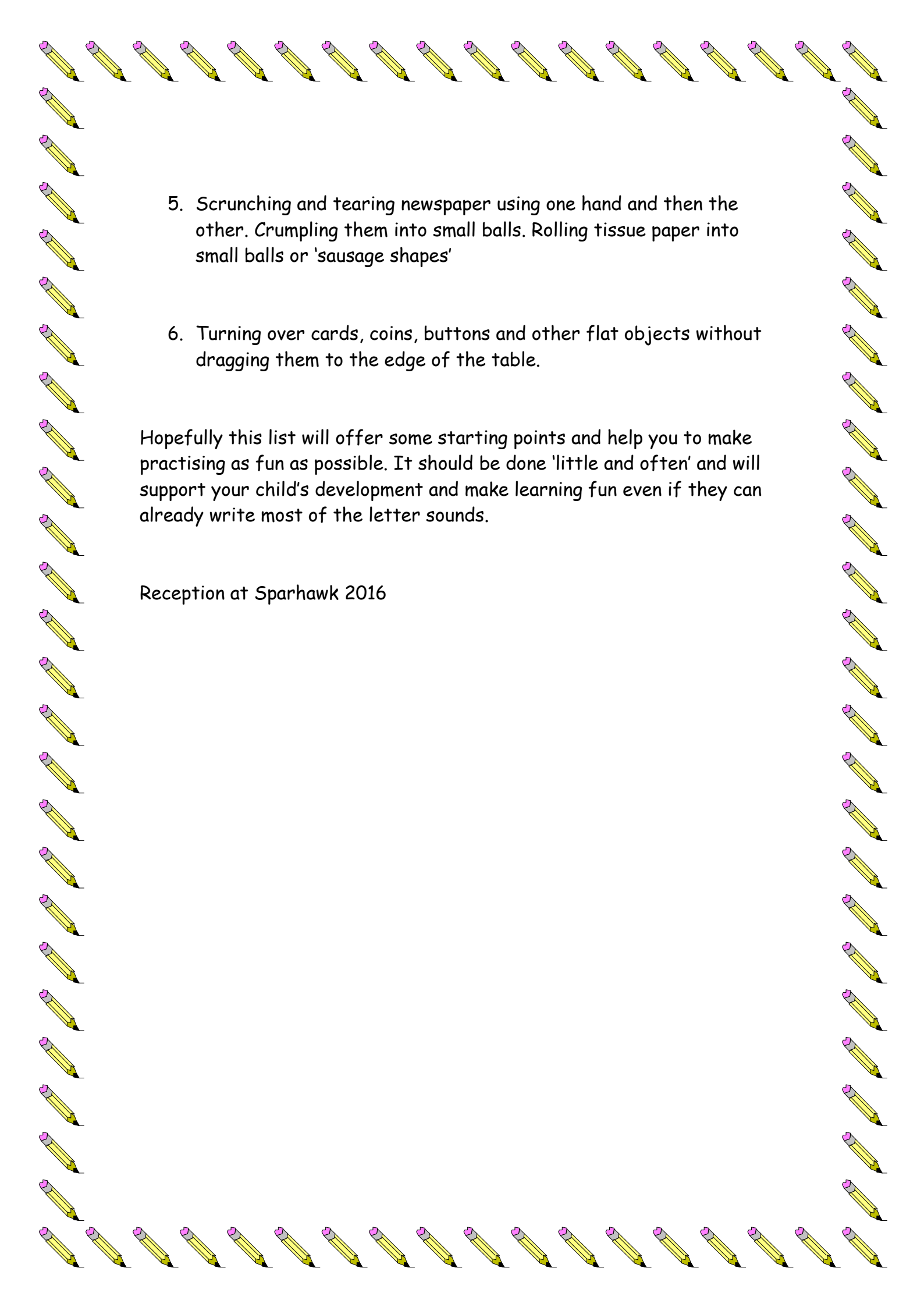
Helping to make sandwiches/toast using a spreading technique to improve muscles and finger control.

2. Practical tasks like taking things apart using screwing and unscrewing techniques eg bottles, jars and using a screwdriver too. Using a hammer and nails, eg tapping nails into a melon or similar fruit.

3. Cutting skills such as snipping straight lines to create a 'fringe effect' or cutting out shapes with straight lines and learning to turn the paper for the next straight cut. Use old magazine too so that they can use what they have cut out to make a collage picture.

4. Using a pincer movement including pegs, tweezers. Can they pick up small things such as beads, buttons, dried pasta? Set a time limit, can they 'beat the clock'? Can they pick up pieces of paper with their 'tool'? Place the objects into different pots as a sorting activity.

Use fingers as a pincer to pick up paper clips, grains of rice, coins to put in a money box etc



5. Scrunching and tearing newspaper using one hand and then the other. Crumpling them into small balls. Rolling tissue paper into small balls or 'sausage shapes'

6. Turning over cards, coins, buttons and other flat objects without dragging them to the edge of the table.

Hopefully this list will offer some starting points and help you to make practising as fun as possible. It should be done 'little and often' and will support your child's development and make learning fun even if they can already write most of the letter sounds.

Reception at Sparhawk 2016