

Handy Things To Do

Creative Teaching Ideas to support Fine Motor Development in the Foundation Phase/Stage

Rhymes

Five Little Fingers (To the tune of Bobby Shaftoe)

*What can I do with five little fingers?
What can I do with five little fingers?
What can I do with five little fingers?
What can I do to day? (as you recite wave hands in the air)*

*I can shake my five little fingers
I can shale my five little fingers
I can shake my five little fingers
I can shake them today*

Here are some other things:

*I can wiggle my five little fingers
I can wave my five little fingers
I can pat with five little fingers
I can drum with five little fingers
I can tap with five little fingers
I can clap with my little fingers*



Ten Fingers

*I have ten fingers **hold up both hands, fingers spread**
And they all belong to me, **point to self**
I can make them do things-
Would you like to see?*

*I can shut them up tight **make fists**
I can open them wide **open hands**
I can put them together **place palms together**
I can make them all hide **put hands behind back***

*I can make them jump high **hands over head**
I can make them jump low **touch floor**
I can fold them up quietly **fold hands in lap**
And hold them just so.*

Finger Twinkle (Tune: twinkle twinkle little star)

*Finger twinkle finger close (**wiggle fingers then make a fist**)
Creep them creep them to your nose (**wiggle fingers to nose**)
Finger twinkle finger close
Crawl them crawl them to your toes (**wiggle finer to reach toes**)*



Things to do

I've two little hands they are hiding away (*both hands behind back*)
Now here comes one and then the other out to play (*bring out each hand*)
Hands are good for clapping and shaking and tapping, for rolling and pushing and
kneading and pulling. (*mimic actions*)
They are quite good for pointing to the left or the right and ever so easy to fold up tight.
(*arms folded*)

Rabbits

Five rabbits were hiding
(*clenched fist*)
In the woods one day.
1-2-3-4-5 jumped out
(*fingers come out as they count*)
And then they ran away.
(*imitate running with fingers.*)

Open and Shut

Open - shut them,
Give a little clap.
Open - shut them,
Open - shut them,
Lay them in your lap.
Roll them, roll them, (*roll hands*)
Roll them, roll them,
Roll them, just like this.
Wave them, wave them, (*wave hands*)
Wave them, wave them,
And blow a little kiss.



Roll Your Arms

Roll your hands so slowly,
as slowly as can be;
Roll your hands so slowly,
And fold your arms like me.

Roll your hands so quickly,
As quickly as can be;
Roll your hands so quickly,
And fold your arms like me.



Clap your hands so softly,
As softly as can be,
Clap your hands so softly,
And fold your arms like me.

Clap your hands so smartly,
As smartly as can be;
Clap your hands so smartly,
And fold your arms like me.

MESSY THINGS TO DO

Condensed Milk Paint

You will need:

Condensed milk and some food colouring



What you do:

Mix the condensed milk with a few drops of food colouring to make a bright, glossy coloured paint.

Snow

Dehydrated mashed potato flakes work great in the sand table for snow. Add water and you can actually make snowballs.

Bread and Glue Clay

You will need:

8 slices of day-old white bread
1 /2 cup white glue
Food color
Flour for work space

What you do:

Remove Crusts. Break bread into small pieces and put in mixing bowl. Pour glue over bread. Mix with one hand until it becomes a sticky mass. Take the out of the bowl and form into a ball .With both hands keep patting into a smaller ball until it becomes just slightly tacky. Dust work surface with a small amount of flour and knead gently until it becomes smoother and more pliable. Knead firmly at this time. Knead until texture is satiny, about 5 minutes.

Wrap tightly in plastic to store. Remember to seal the unused portion while working.

Air dry - drying times vary depending on thickness. Paint with acrylic paints (optional).

Clean Mud

Shave two bars of soap. Shred two rolls of toilet paper. Add two cups warm water.

GET CREATIVE

Sticker Fun

What you need:

Water, magazines, paint brushes
Flavoured gelatine and hot water to make

What you do:

With this solution, you can turn magazine pictures, wrapping paper, or comic book cut-outs into customized stickers.

Make up gelatine in a small bowl. Stir. Let the mixture cool. Brush a thin coat of warm sticker solution on the back of each picture cut out. Use a small brush. When its dry you can lick the stickers and stick them onto paper. It works just like a real stamp!

Hissing Sid

What you need:

Cardboard tubes
String
Cellotape
Pre-cut cardboard circles with holes in centre (slightly bigger than diameter of tubes)
Things to decorate



What you do:

Decorate tubes before threading. Then thread the string through the tubes alternating with pre-cut discs. Use a disc at each end – tie a knot at the rear of the snake to secure. Decorate face. Allow some additional length in the string to make a 'handle'. Encourage the children to wiggle the string to make the snake squirm.

Texture Book

You will need:

A variety of different textured materials such as cotton balls, scraps of velvet fabric, aluminum foil, sandpaper, dried leaves etc. Large sheets of oak tag or construction paper, crayons, scissors, stapler and old magazines.

What you do:

Encourage the children to feel and talk about the textures. Depending on age, sort them into piles of similar textures. Either make a 'book', use something commercially available or make a picture for the wall.

Octopus

What you need:

Paper plate, things to decorate, tissue or crepe paper.

What you do:

Cut the plate so that it has a 'flat bottom'. Decorate the plate. Cut out long strips of tissue/crepe paper and stick on the reverse side of the plate.



Envelope Puppets

What you need:

A long white envelope and crayons/pencils to decorate and some glue

What you do:

Stick down the flap on the envelope and cut it in 2. Fold the corners of the open end Turn it over. Crayon the head and add a snout. Draw 2 eyes and a mouth. Cut the corners from the closed end of the other piece. Crayon them and glue them on to make the ears. Cut out circles for ears to make a cat. Use circles and place them in the middle of the head to make eyes for a frog.



You Are My Sunshine

What you need:

A paper plate (paint yellow and decorate if desired) and yellow pegs.

What you do:

Add the pegs around the rim of the plate to make the rays of sunshine. Use different sizes and types of pegs to make it harder or easier for fingers to manipulate.



Handi Lamb

What you need:

Stiff paper or thin card paper, black and white paint, cotton wool balls, wiggly eyes, glue and scissors

What you do:

Paint the children's palm white and the fingers black. Make a handprint onto the paper/card. Set aside to dry. Cut around the hand print and glue cotton balls onto the palm print. Add a wiggly eye.



References

www.nccc.org

www.enchantedlearning.com

Useful Resource



For more ideas see the *Little Book of Scissor Skills* by Sharon Drew: available from A&C Black www.acblack.com

Look out for.....

Movers and Creators – Developing Physical Skills in the Foundation Phase coming soon by Sharon Drew from Smart Publishing.