

TAKE TEN

Games and Activities to Promote Fine Motor Skills (primary focus)

The following aim to provide easy to implement activities for teachers and other professionals who work with children in the primary setting who require support to develop their fine motor skills. All activities require few and commonly found resources within the classroom.

Name of the Game

TURNING PENNIES

Aim of the Game

To promote:

- 👉 Precision grips – pincer, tripod
- 👉 Release
- 👉 Eye-hand co-ordination
- 👉 Control of movement



Preparation

- 👉 In a sitting position at the table
- 👉 12 coins (per child)

How to Play

Lay out the coins in a line across the table and invite the children to turn the pennies over as fast as they can, using their preferred hand only.

Change the Game

- 👉 Use a timer to see how fast pennies can be turned
- 👉 Use different size coins
- 👉 Increase the number of coins to be turned
- 👉 Space the coins more randomly on the surface
- 👉 Use the other hand
- 👉 Place an equal amount of pennies to the left and to the right of the child. Using both hands at the same time, see how fast they can turn the pennies over

Name of the Game

TWIST AND TURN

Aim of the Game

To promote:

- 👉 Precision grips – pincer, tripod
- 👉 Power grip - cylindrical
- 👉 Release
- 👉 Eye-hand co-ordination
- 👉 In-hand manipulation
- 👉 Bilateral integration and motor planning

Preparation

- 👉 In a sitting position at the table
- 👉 Selection of nuts and bolts from the DIY store

How to Play

Start the game using nuts and bolts of the same size. Remove all the nuts from the bolts and scatter on the table surface. On the command 'go' The children pick up each bolt and thread on a nut as fast as they can.

Change the Game

- 👉 Increase the number of nuts and bolts
- 👉 Vary the size of the nuts and bolts
- 👉 Try using the non-preferred hand to fix the nut on the bolt
- 👉 Explore other objects that screw together

Name of the Game

BOBBIN WIND

Aim of the Game

- 👉 Precision grips – chuck, pincer, tripod
- 👉 Eye-hand co-ordination
- 👉 Bilateral integration and motor planning



Preparation

- 👉 In a sitting position at the table
- 👉 Empty cotton reel and 60cm of string

How to Play

Place the bobbin and the string on the table. On the command 'go' the children pick up the bobbin in one hand and the string in the other. They need to fix the one end of the string with the thumb that is holding the bobbin and wind it up with the other hand as quickly as they can.

Change the Game

- 👉 Increase the length of the string
- 👉 Change the type of 'string' that is used
- 👉 Wind the bobbin with the other hand
- 👉 Wind the bobbin with eyes closed
- 👉 Explore different types and sizes of objects to wind around

Name of the Game

PAPER CHAIN

Aim of the Game

To promote:

- 👉 Eye hand co-ordination
- 👉 Precision grip – pincer/tripod
- 👉 Release
- 👉 Bilateral integration
- 👉 Motor planning



Preparation

- 👏 Sitting at the table
- 👏 Paper clips

How to Play

The children link as many paper clips together as fast as they can in one minute.

Change the Game

- 👏 Explore different size paper clips to join together
- 👏 Sequence different sizes of paper clips
- 👏 Use colour paper clips and clip together in sequence
- 👏 Try putting on the clips with the non-preferred hand

Name of the Game

HAND AEROBICS

Aim of the Game

To promote:

- 👏 Tactile information
- 👏 Bilateral integration
- 👏 Finger isolation
- 👏 Finger/Thumb opposition



Preparation

- 👏 Sitting position at a table

How to play

- 👏 Begin with 'warm ups' – rub palm, in between fingers, backs of hands and the sides
- 👏 Some stretches - interlink fingers (palms together). Keeping hands together stretch the arms out in front and lift arms up above the head. Repeat five times
- 👏 Interlink fingers, this time palms back-to-back. Keeping hands together lift the arms above the head. Repeat five times
- 👏 Finger press-ups - place palms together with fingers spread. Move palms away from each other but keeping fingers in contact. Now push them back together again. Repeat five times
- 👏 Palm push – place hands together, making sure to lift elbows so that they are in a straight line with the wrists. Encourage the children to push their palms together as hard as they can. Hold for a few seconds and then release the tension. Repeat five times
- 👏 Palm wave – Place palms together as in the 'palm push'. Push wrists backward and forward and also side-to-side whilst trying to keep the rest of the arms still

Other useful Fine Motor Resources

Fine Motor Skills Box from Special Direct www.specialdirect.com