

Advice sheet

Using my Hands

The development of precise finger movements is required for the development of many of the fine motor activities completed by children every day in the home and nursery environment.

They are required for the development of pencil skills, scissor skills, playing with toys and independence skills such as doing up the zip on a coat and using a manipulating cutlery.

Isolating Finger Movements

- Finger painting
- Pinching and prodding play dough or plasticine
- Finger puppets
- Counting small objects on the table
- Tracing down a path with index finger on paper or chalk board
- Popping bubbles
- Pointing at pictures in a book
- Finger action songs e.g. Tommy thumb, round & round the garden



Encouraging use of a pincer grip

The pincer grasp is when small items are held between the tip of the thumb and tip of the index finger.

- Pop bubble wrap paper
- Place small pegs into a peg board
- Placing plastic coins in a money box
- Picking up chocolate buttons/raisins off the table
- Small handled inset puzzles
- Opening & closing clothes pegs
- Use tongs/tweezers to pick up small objects and place them in a container
- Threading beads
- Construction activities e.g. lego

Using two hands together

- Catching a balloon
- Hitting a balloon with a rolling pin held with both hands
- Catching beanbags and large balls
- Toys that involve pushing and pulling with both hands
- Interlocking barrels/Russian dolls
- Rolling play dough with a rolling pin
- Duplo, Megablocks

Action songs and rhymes

- These involve using two arms/legs together whilst doing the actions e.g. “wind the bobbin up”, “hokey kokey”, “heads, shoulders, knees and toes”