

# Fine Motor Skills

There are many components that are needed to enable effective skills for fine motor function. Fine motor function is necessary for manipulative skills, construction tasks, use of utensils (cutlery, cutting, pencil skills etc), handwriting and hand co-ordination.




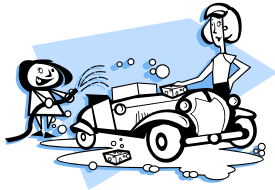

## General Guidelines

- Ensure appropriate sitting position for fine motor activities (chair and desk height are appropriate with feet flat on the floor).
- Aids and adaptations e.g. provision of equipment for home economics – electric tin opener, adapted knives, chopping boards. Use of safety devices e.g. use of a vice in technical work. Think about weight and size of tools the young person is using.
- Consider allowing extra time or adapting the requirements of the activity e.g. dressing for PE – plain t-shirt instead of polo shirt with buttons.
- Also see resource sheet on handwriting

## Activities for Developing Fine Motor Skills



- Manipulating putty or clay (see specific programmes)
- Jewellery making, friendship bracelets
- Thumb print painting
- Construction activities e.g. Mechano, Lego, model building kits
- Musical instruments e.g. guitar, drums, keyboard
- Playing Cards
- Origami
- Computer work (for short periods) e.g.

    	<p>laptop, Wii</p> <ul style="list-style-type: none"> <li>○ Jenga, chess, connect 4</li> <li>○ Squeeze out sponges before wiping down kitchen table or bench</li> <li>○ Cooking/baking: chopping vegetables, preparing meals, mixing, making dough</li> <li>○ Sweep floors or outside path</li> <li>○ Wash and dry the dishes</li> <li>○ Clothes washing – carry basket, peg clothes, fold washing</li> <li>○ Gardening – dig, rake, push wheelbarrow or water garden using a trigger hose</li> <li>○ Shopping – write shopping list, push trolley and carry shopping bags</li> <li>○ Wash the car – use a trigger hose and make sure you squeeze out the sponge or cloth</li> <li>○ Writing is a good strengthening activity, however stop when hand is tired. Gradually build up the length of time you write</li> <li>○ If doing homework is not your thing, try writing in a diary, starting an address book, writing a letter, making a list of your favourite movies, play noughts and crosses or hangman</li> </ul>
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