

What are Fine Motor Skills?

Fine motor skills are the ability to use (with control) the small muscles in the hand, fingers, and wrist. These skills develop over time in a linear way, and closely mirror the development of the bone structure within the hand. As you can see in the image created by Tam [@misslearningbee](#), as a child ages the bones and structure within the hand becomes more refined, enabling them to complete more complex tasks.



DEVELOP THOSE MUSCLES!

WHOLE ARM

This is the development of gross motor skills including the upper arm, forearm and shoulder. The child needs to control these as well as their fingers.

Activities include:

- Large painting and drawing at easels
- Colouring in
- Using equipment such as rakes, brooms and shovels
- Bouncing and throwing a ball
- Climbing - anything that uses upper body strength
- Anything that involves pushing, pulling and large arm movements

WHOLE HAND

Developing hand muscles is important for grasping actions and finger movements. This development can be seen even in babies as they learn to grasp different shaped objects and transferring objects from hand to hand and hand to mouth.

Activities include:

- Spooning activities
- Using a spray bottle to water plants/paint
- Playdoh, rolling the playdoh, using cutter etc.
- Pouring activities, moving water from one object to another

PINCHER GRIP

This is using the thumb and index finger together and is used to pick up and move small objects.

PINCER GRIP

This is using the thumb, index and middle finger to coordinate and move objects, this is also the tripod grip used when holding a pencil for writing.

Activities include for pincher and pincer:

- Using tweezers and tongs to transfer small objects
- Threading beads onto a lace
- Building blocks including Lego
- Making small objects with Playdoh
- Place clothes pegs around a container or piece of material
- Picking up cards from the floor
- Using pipettes to squeeze out just one drop of water at a time or even use with paint and create a piece of art at the same time
- Putting coins in a money box or container with a slit
- Popping bubble wrap