

## Fine Motor

Fine Motor skills are an important part of the development of early writing skills. They are an important skill for performing everyday tasks such as writing, cutting, construction, dressing and using cutlery. Fine motor skills involve the use of the smaller muscle of the hands through coordination with the brain. They are built on gross motor skills that involve the whole body and larger muscles (see gross motor section). The development of fine motor skills not only contributes to a child's academic progress but also their independence and ability to complete tasks.

Examples:

- Connecting Lego bricks/ Duplo/ train tracks
- Using pegs in a variety of tasks
  - pegs on clothes/ washing line/ string/ box
  - using pegs to pick up small items
- Pipe cleaners into a colander / cardboard tubes
- Threading activities with string and beads/ large buttons
- Shape sorters
- Tearing paper strips
- Bead maze toys
- Posting activities
  - large toys/ balls into holes in a cardboard box
  - posting small items into small containers
- Pulling ribbons out of containers
- Playdough and tools
- Painting
- Using children's scissors with adult supervision



See examples of other fine motor activities by clicking the following link below  
<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/6-fine-motor-activities-for-young-kids>

## Mark Making

Mark making is an important part of the development of early writing skills. Marks can be made in a variety of different media with a variety of different tools.

Examples:

Chalk, felt pens, crayons, bingo dabbers, paint

Using tools (paintbrush/ spoon etc.), hands, fingers, feet to make marks in;

- flour
- rice
- hot chocolate powder/ cocoa powder
- sand
- shaving foam
- slurpy ( a mixture of cornstarch and water)
- playdough
- flavoured mousse/ custard
- jelly
- water and a paintbrush outside.



### **Gross Motor activities**

Gross motor skills are those which require whole body movement and which involve the large muscles of the body. They are used to perform everyday functions at school, home and out in the community. Example movements/activities that include the use of gross motor skills include: sitting up, maintaining head posture, reaching with arms, crawling, standing, walking, running and jumping. They also include eye-hand coordination skills such as ball skills (throwing, catching, kicking) as well as riding a bike and swimming. Gross motor skills are also important in being able to carry out tasks such as dressing.

Gross motor skills are also related to other skills such as balance, coordination and body awareness.

Activities to support the development of gross motor skills:

- Using a scooter, tricycle or pedal car.
- Setting up an obstacle course that uses equipment and actions, e.g. crawling under a blanket, doing star jumps on the spot.
- Dancing. This can help to develop balance and coordination too!
- Accessing playground equipment such as a slide or a swing.
- Jumping on a trampoline.
- Target throwing, e.g. bean bags into a hoop, balls into a basket.
- Throwing/kicking a ball to each other.
- Sensory obstacle course that has different textures to walk or crawl over.
- Pass a bean bag/ball side to side (crossing mid line)
- Rolling out dough when baking or when using Playdough.



### Story Massage



Story Massage combines the benefits of agreed positive touch through the use of story, rhyme or song. The programme contains ten simple massage strokes that are easy to learn and can be used in different ways throughout different Story Massage sessions. It supports learning and communication through play and positive touch.

The ten different strokes are used on any body area that is appropriate for the child, e.g. shoulders, back, arms, head, face, legs, hands and feet. Story Massage can be used with any story, rhyme or song and can be personalised to meet the individual needs of your child. You could use story massage to tell your child's favourite story, a story about past experiences or use it alongside their favourite song!

Find video examples, access the ten simple massage strokes and find more information about Story Massage by clicking on the link below.

<https://www.storymassage.co.uk/>