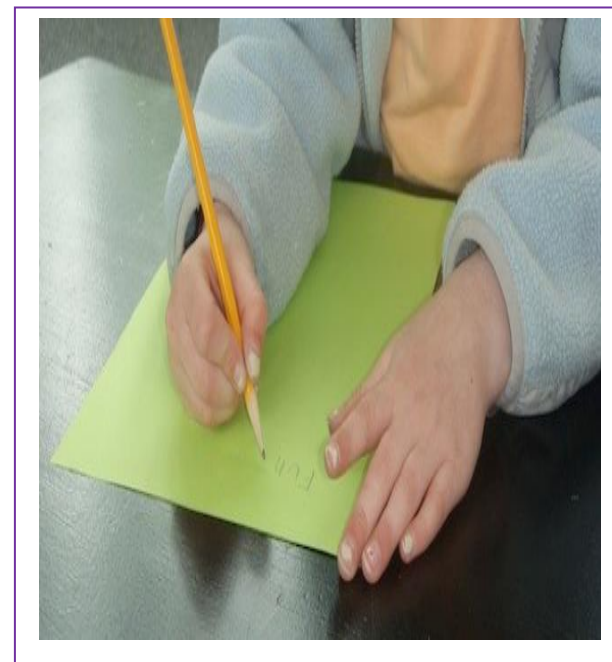
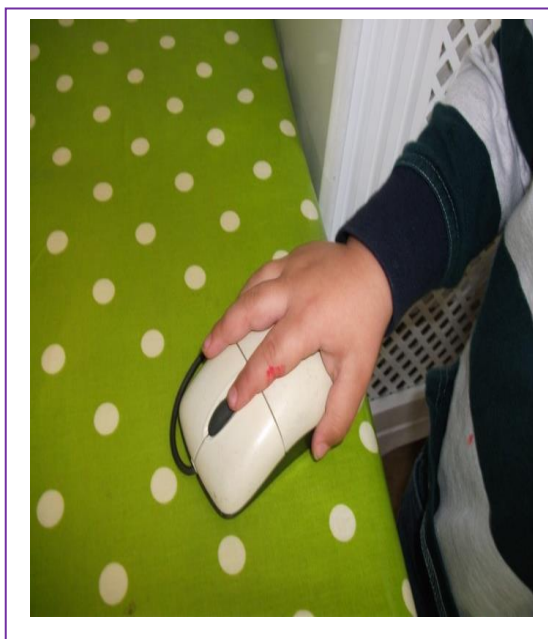


# *FINE MOTOR SKILLS*

## *4 YEARS TO 5 YEARS*



*Give the child time to think and respond*

*Remember to reward with praise*



Northamptonshire  
County Council



## 4 - 5 Years

In a child's preschool year they can hold a pencil in a dynamic tripod grip with good control.

Show good control in writing and drawing with pencils and paint brushes, able to copy many letters with varying degree of accuracy and staying within simple outlines while colouring. Can write a few letter spontaneously.

Children will now start to draw their own creations and cut around the outline with more precision.

Children show increased accuracy in catching, throwing and kicking a ball and now able to handle more tools and construction objects safely with good control, building more elaborate models when shown.



*All activities are to be carried out with adult supervision only*

## 4 - 5 Years

### *Suggestions to develop fine motor skills*

**Play Dough/plasticine** – activity centre, baking utensils

**Water play** – bottles / jars with lid , squeeze / twist flannels and sponge, syringes, funnels

**Threading more intricate beads for a necklace** – on a thin lace

**Interlocking and jigsaw puzzles**

**Tweezers** – picking up different sized objects e.g. pasta, lentils, split peas

**Small World Play** – Playmobil sets, farm, garage, dolls house

**Tree rubbing**

**Scissors** – cuts curved and straight lines on paper, wool, straws, plastic scissor's to cut play dough

**i Pad** – variety of Apps, e.g. Tracing, copying, pressing

**Hama and Aqua beads**

**Construction toys**

**Mark Making** – chalk, finger paint, white board, sand, glitter, flour, shaving foam, crayons, pencils, paint brush with water, Aqua mat and pen, etch-a-sketch, felt pens, paint dabbers

**Early role play** – dressing and undressing dolls, food play with plastic cutlery and variety of cutters e.g pizza cutter. Washing dolls clothes and pegging out. Doctors and builders tools/equipment. Dressing up

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## Quick reference for one and two handed activities

### One Handed

Posting toys  
Inset  
Ring on rod  
Squeezing squeaky toys  
Stacking  
Tweezers  
Hammer toys  
Key board  
Finger puppets  
Bead run  
Mark making  
Pop up toys  
Peg board  
i Pad

White board  
Pointing at pictures in a book  
Turning pages  
Key toys  
Scissors  
Throwing  
Zip  
Finger Rhymes



*All activities are to be carried out with adult supervision only*

### Two Handed

Tearing paper  
Threading  
Interlocking puzzles  
Stickle bricks  
Action Rhymes  
Pegging washing out  
Buttons  
Laces  
Rolling play dough  
Nuts and bolts  
Wind up toys  
Popoids  
Tip and pouring – water, sand, gravel, pasta, rice etc  
Catching – ball, bean bags

Folding paper  
Zips  
Buttons  
Slinky  
Linking chains



*All activities are to be carried out with adult supervision only*

# Finger Gym

Developmental games to improve language, fine motor skills and Handwriting



## What is Finger Gym?

Finger Gym is a comprehensive programme of developmental games, stories, rhymes and activities to improve fine motor skills, language and handwriting.

It helps to develop strong, flexible fingers, hands and arms. It promotes better hand-eye co-ordinations

For more information contact 44(0) 1582 831360 or [info@finger-gym.com](mailto:info@finger-gym.com)