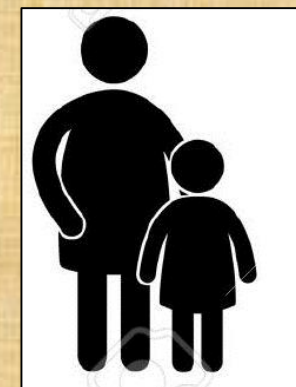


# Family Learning

## Fine Motor Skills

*Please take a dough ball*



# What are motor skills ?

Motor skills are classed as a persons ability to **move** and **be aware** of parts of their body.

Two kinds of motor skills:

Fine – small movements  
e.g. holding and controlling a pencil.



Gross – big movements  
. running around the playground or twirling a hoop.



# Why are they important?

Movement is at the centre of our children's lives and learning. At school they use motor skills for:

- Exploration
- Expression
- Exercise
- Emotional outlets
- Writing



# Fine Motor Skills

-Small muscle movements that are often linked to eye coordination, such as:

- writing
- building with Lego
- doing up buttons
- undoing lunch boxes etc.



-Good fine motor skills influence the outcomes and speed of tasks as well as building confidence and pride.

# What can we do to build our children's fine motor control ?

- Lego building
- Finger gymnastics
- Painting with cotton buds
- Squeezing stress balls
- Watering plants using squeeze bottles
- Threading
- Weaving
- Scrunching paper
- Pegging out the washing
- Play dough exploration
- Finger play rhymes





# Construction

Can you work together as a team to build something?



# Play dough

Can you squash, squeeze  
and roll the play dough ?



# Cutting



Can you cut along the  
lines with the scissors ?

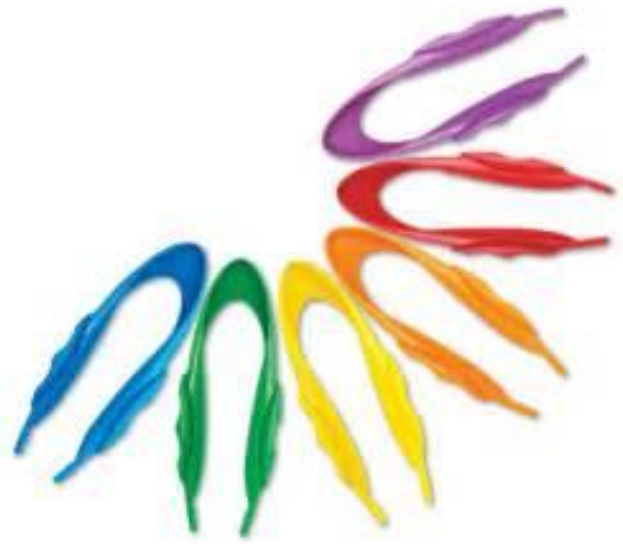




# Drawing



Can you draw a picture  
of your family together?



Floreat  
Wandsworth



# Tweezers



Can you use the tweezers  
to **sort** and **count** the pom  
poms ?