



GOOD SAMARITAN
CATHOLIC COLLEGE
JOURNEY WITH COMPASSION

Tips for Developing Strong Fine-Motor Skills



Try to play games that involve pinching and manipulating objects with fingers, for example:

- Cutting with scissors (e.g. cut out pictures of favourite things from catalogues or magazines).
- Picking up items such as cotton balls, pompoms or Lego bricks with tweezers or pegs (see how many you can transfer into a cup).
- Threading small beads, dried pasta or Fruit Loops onto a string of wool.
- Playdough or real dough – squash it, squeeze it, roll it, pound it!
- Linking paperclips together to make a giant chain (and then taking them apart again).
- Scooping and stirring ingredients when measuring during supervised cooking experiences.
- Picking up coins off a flat surface and putting them into a money box slot
- Tearing paper – have a competition to see how long you can tear a Mintie wrapper before it breaks.
- Singing nursery rhymes that incorporate finger plays (e.g. Incy Wincy Spider, Where Is Thumbkin, Two Little Dicky Birds, Five Cheeky Monkeys, etc).
- Create with lego.
- Finger painting (fill a zip lock bag with shaving cream and use your finger or a cotton bud to draw pictures or write letters on the outside of the bag).

You can support your child to pick up the pencil and write by providing him / her with an inspiring writing space (e.g. some interesting / pretty paper, a tin of sharp pencils or textas, some stickers or some envelopes)

If you see your child holding their pencil incorrectly, please help them by modelling the correct pencil grip.

Good Prep Pencil Grip

