

**Developing Fine Motor
Skills and
Pre- Writing Ideas for
Children**



Pre-Writing Ideas for Children



Reach and grab mobiles

These mobiles can help children to develop a firm hold and grip on different objects. This is great for children who are still developing their skills.

Sand play and water play

This fun activity is very motivating for most children, carry out role play games where you pour a cup of tea for each other with water or hide interesting objects in sand and the children has to look for them.



Sticking and collaging

You can make lovely collages and card for their friends and family. Picking up beads, sequins and gems are great for practicing pincer grip while cutting and then sticking furthers their fine motor abilities too.

Play dough

Just playing with play dough is great for building strength in hands. Practice making balls, rolling play dough into snakes, or create fun designs. Also cutting play dough with a knife and fork is great practice for dinner time too!



Cotton bud painting

Practice the pincer grip by painting with a cotton bud. Children love this activity and you get to make beautiful art!

Lacing

You can buy lacing cards or create your own from foam sheets or card with a hole punch, like we did in lacing hearts or lacing crowns. It's really great practice for fine motor skills!



Beads & Pipe Cleaners

Use the pincer grip to slide beads onto pipe cleaners and make beautiful patterns! Make necklaces to take home with them.

Cutting Practice

Using scissors is a great way to build hand strength. If paper is too hard to cut, try cutting play dough.



Write in Messy Play

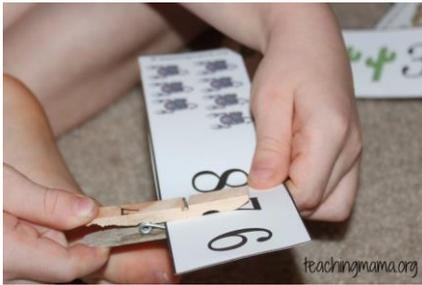
You can use so many different things for this including corn flour, sugar, shaving foam, conditioner or flour onto a tray. Then let your child write with their finger to make letters or designs.

After using fingers to write, try using a writing utensil. Encourage using the tripod grip on the utensil.



Tweezers

A good fine motor activity to practice is using tweezers or tongs to transfer objects. This is a good activity for less able children too.



Clothes pegs

Opening a peg takes a lot of strength. Count and clip cards are great to practice using pegs. The child simply counts the objects on the card and then puts a clothespin on the correct number. This can be done with colour matching and sorting too.

Scrunching Paper

Just scrunching paper into a ball is great for building hand strength. You could use newspaper, tissue paper, wrapping paper, or regular paper.



Pipettes

Take a glass of water and encourage the child to practice using a water dropper to transfer coloured water to from one cup to the other. The squeezing motion will help build strength in the child's hand.

Finger Press Hole Punches

The finger press holes are fun and easy to use. They encourage the children to use their thumbs to press down and make the shape in their paper. Also to make this more difficult, ask the child to put the paper into the slot by themselves.



Stencils/rubbings

Go on a nature walk with the children and find some interesting things outside. You could do some bark rubbings or leaf rubbings. Holding the crayon on its side allows the child to manipulate their hand grip.



Folding

Have game and make paper aeroplanes, you can fold them and see whose goes the farthest! Encourage the children to fold theirs as independently as possible!

Posting

Posting is great for practicing fine motor with babies or children who are still developing their skills. You can practice with putting cotton reels into containers, lollipop sticks into bottles or small balls into tubes.



Buttons/zips/Toggles

When the children are getting dressed try and get them to zip up their own zips, buttons or toggles on their clothes. Begin by threading through the hard part and slowly reduce the help you give them.

Paintbrushes and water on chalkboard

Holding the paintbrush helps to develop physical skills. Make interesting patterns then wait for them to dry before making some more!



Typing, Interactive Whiteboard, iPad

Most technology is highly motivating for children and can be great for developing fine motor skills. Typing helps to use finger pointing and placing pressure onto the fingers while the iPad and touch activates technology can be great for developing an awareness of cause and effect and tracing.



Peg or Straw Activities

Any basic activities where your child is holding an object similar to how they would hold a writing utensil helps build grip strength. You can also poke holes in the top of a plastic container and have your child place straws inside.

Finger Tracing Letters

Before holding a writing tool, it helps to trace a letter with a finger. Doing so helps your child develop stronger familiarity, begin memorising how to write letters and adds a sensory aspect to forming letters.



While it's important to do fine motor activities, also give your child opportunities to practice using writing utensils. Let them use markers, crayons, colour pencils, whiteboard markers etc. Another tip is to break crayons in half so it's easier to write with, this helps develop a better grip as the child cannot use dagger grip.

Information and ideas from Cherry Garden School and <http://teachingmama.org/prewriting-activities-for-preschoolers/>