

Finemotor Skills: Building Strength and Hand-eye Co-ordination



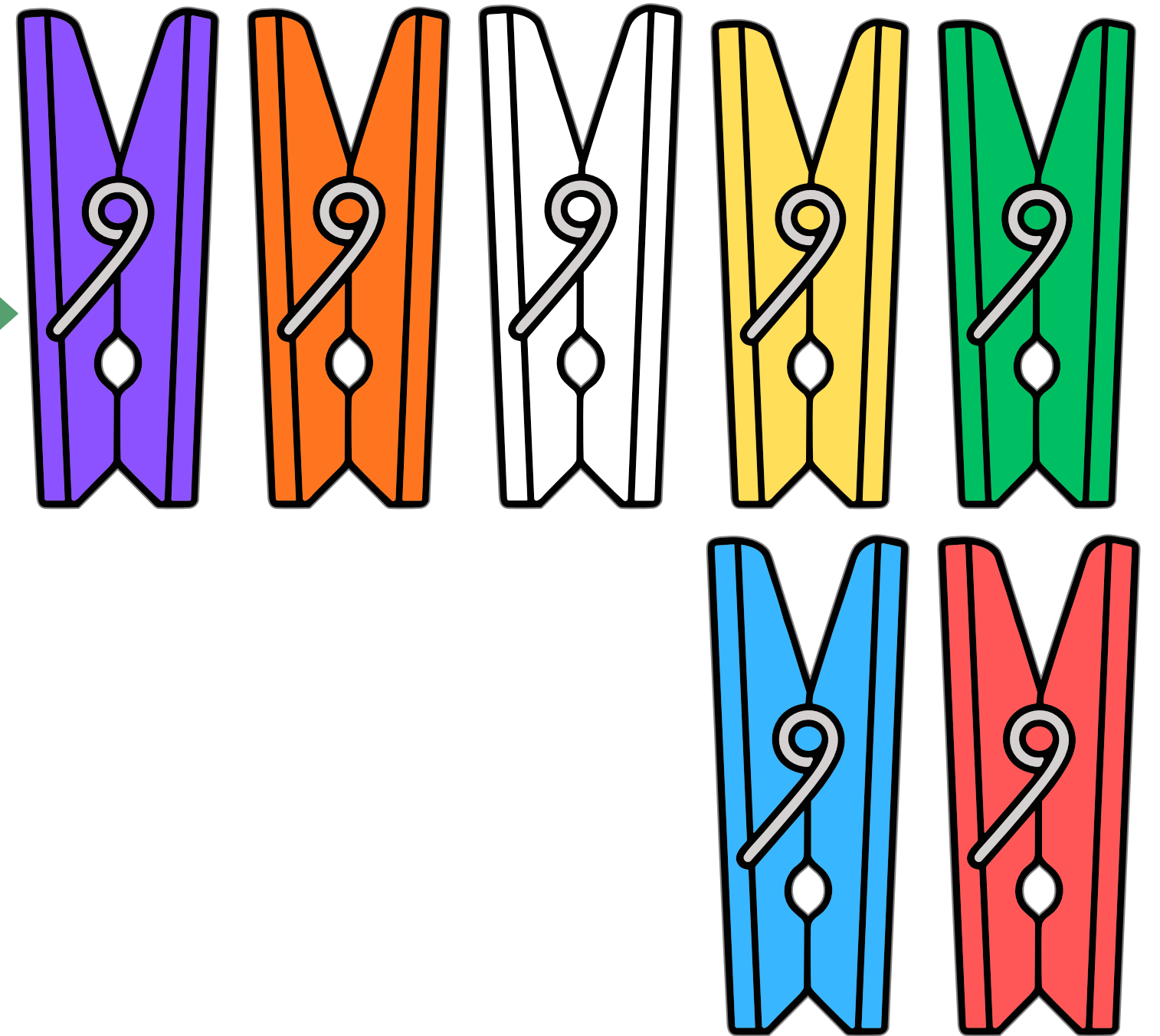
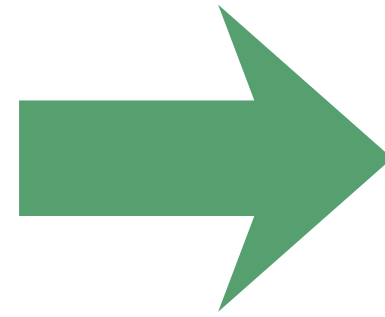
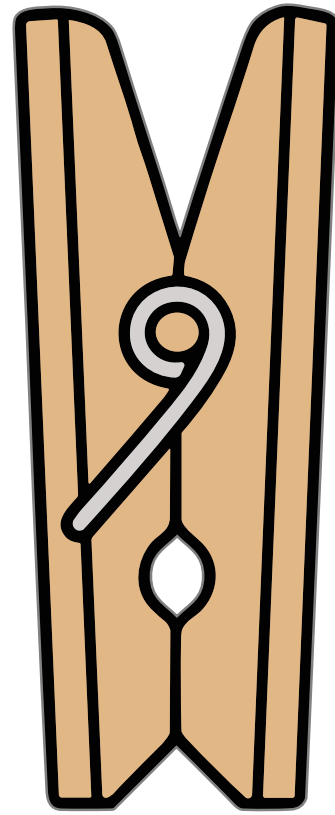
Activities to focus on
building:

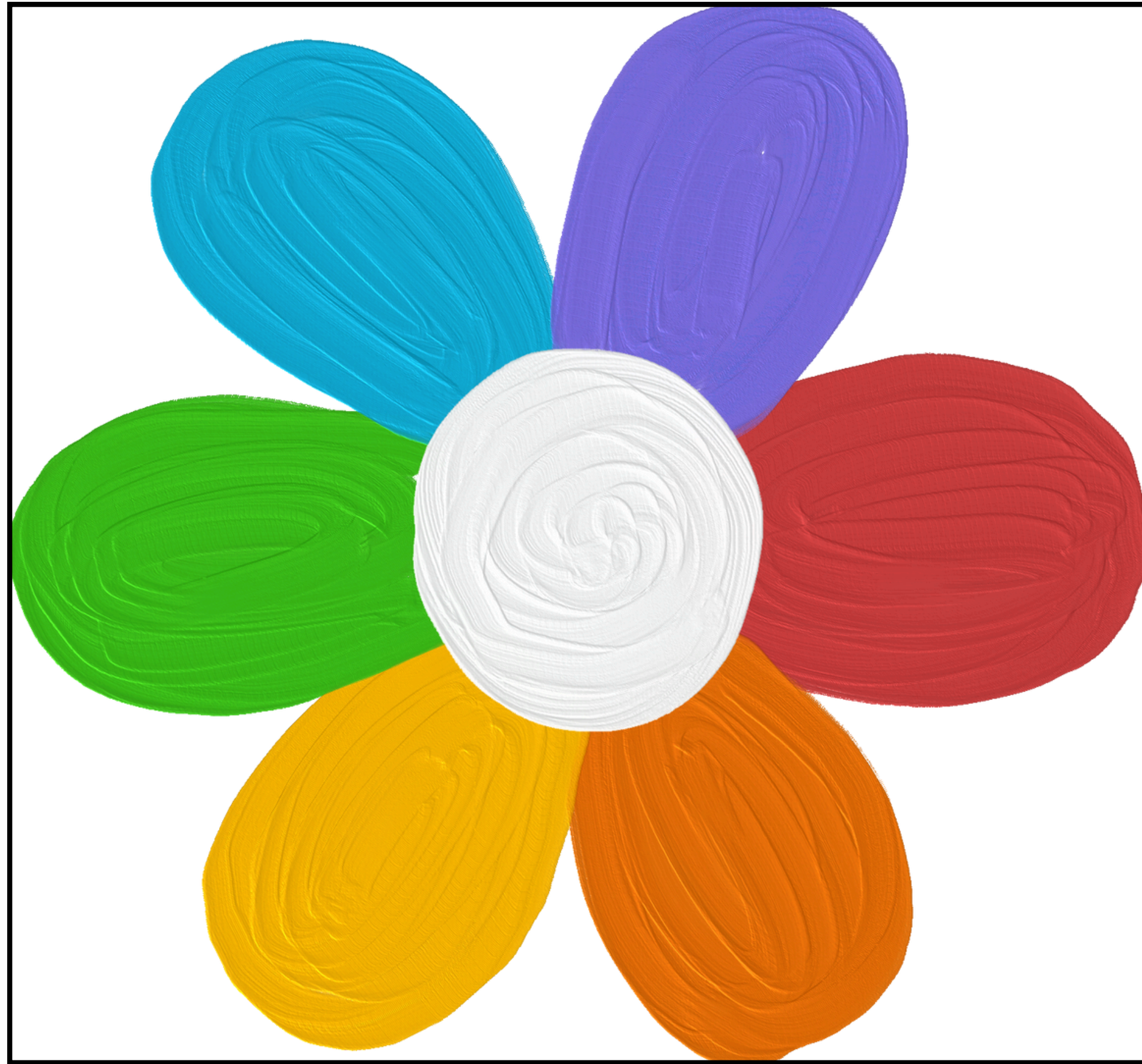
- strength in hands
and fingers
- hand-eye co-
ordination
- and more

paint the clothes pegs a
variety of colours



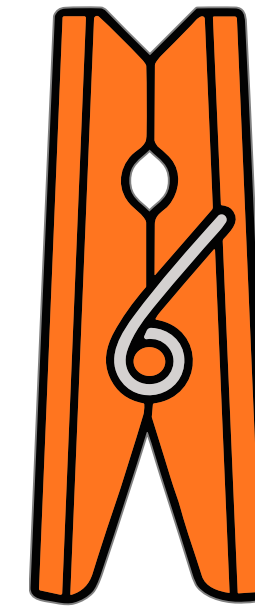
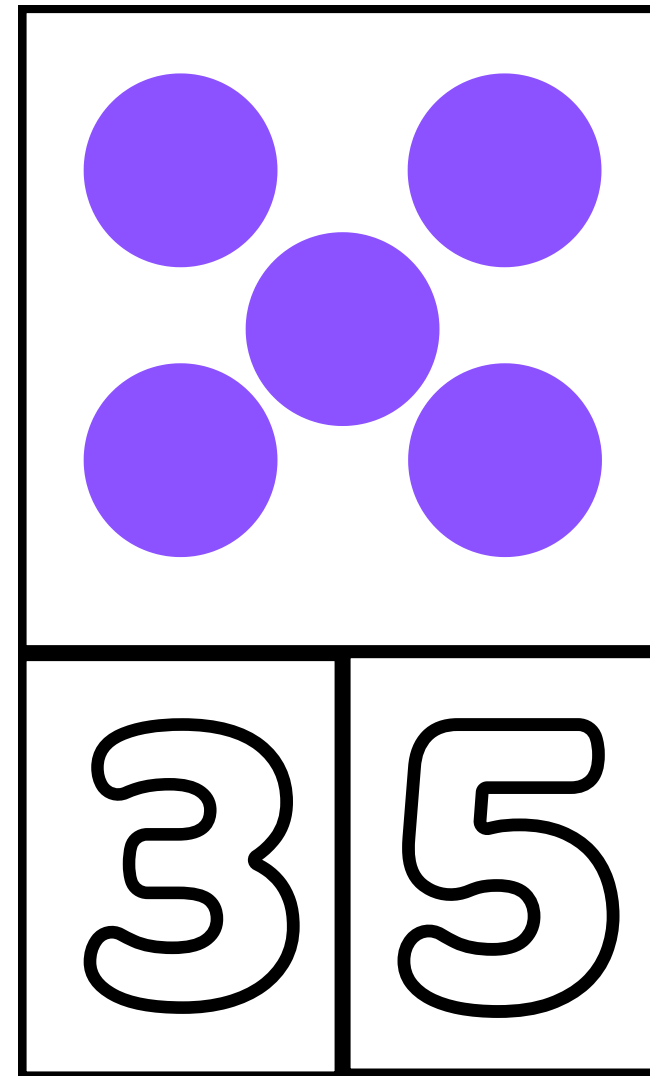
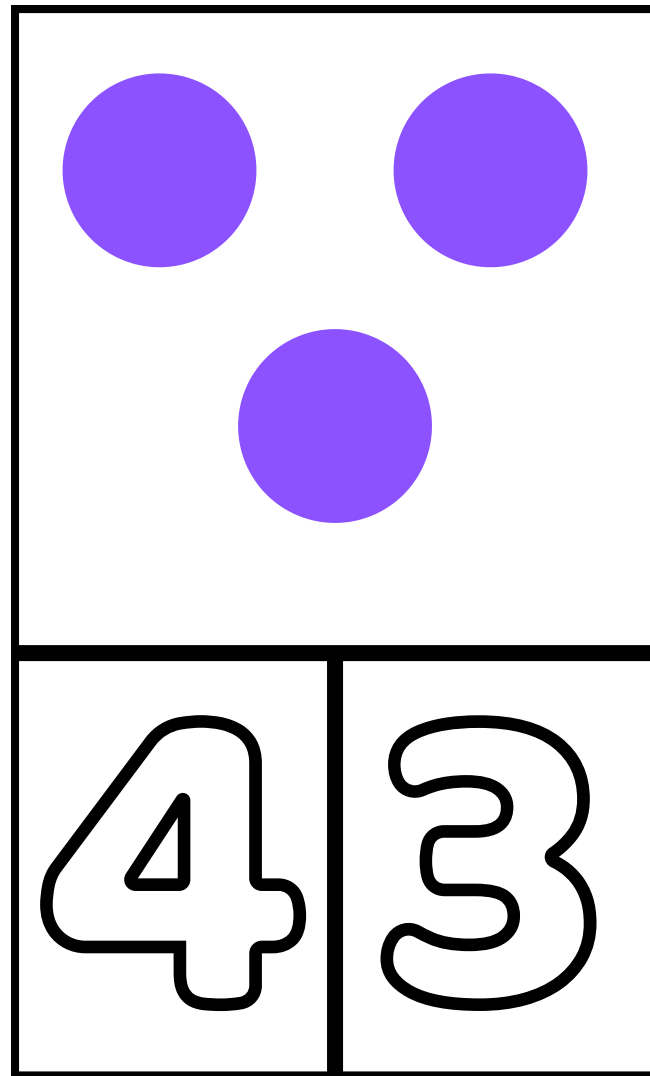
print the image in colour





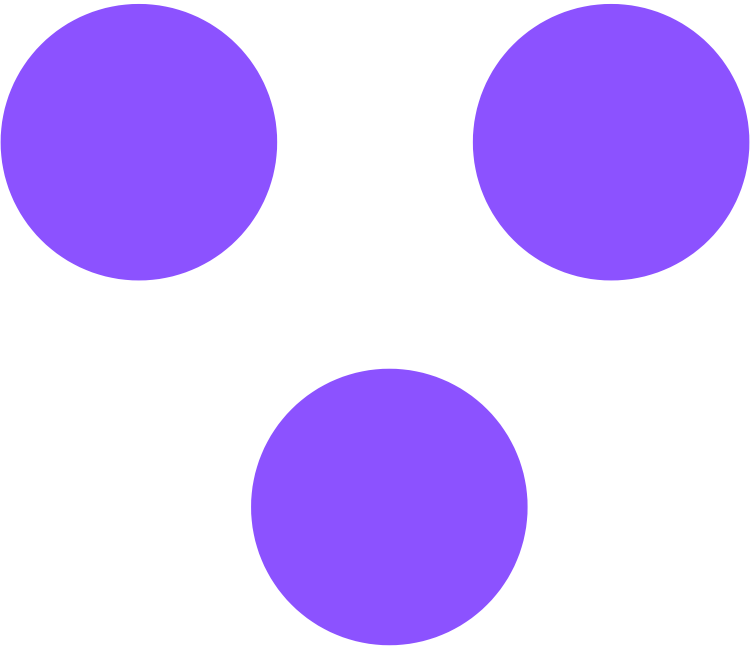
print the image in colour

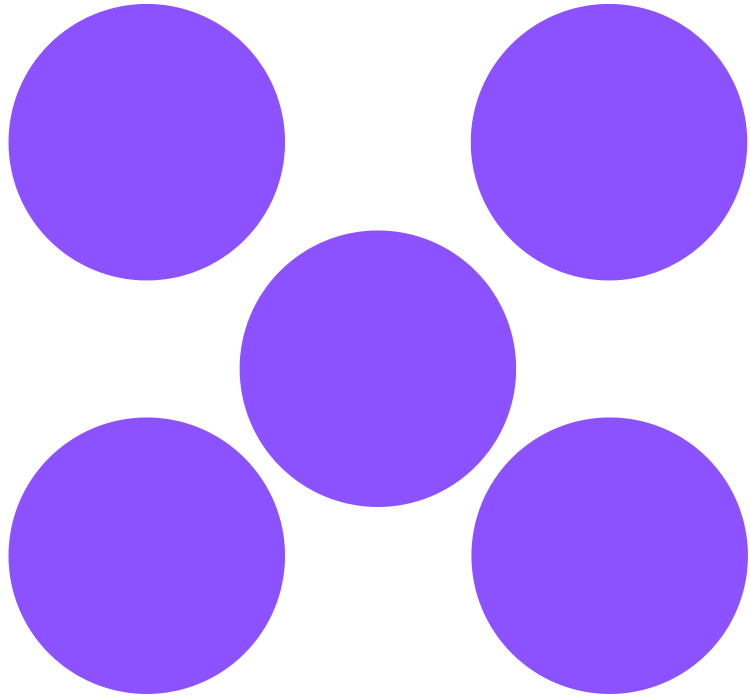
Place the clothes peg on the correct number

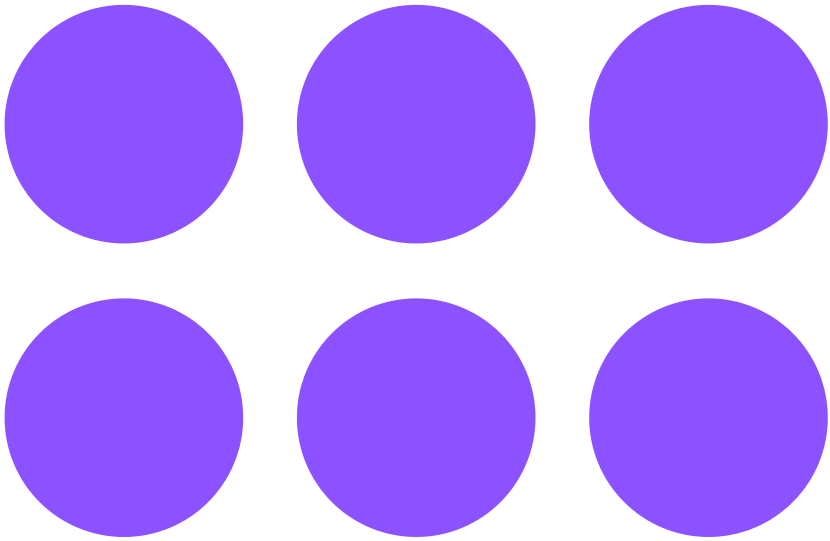


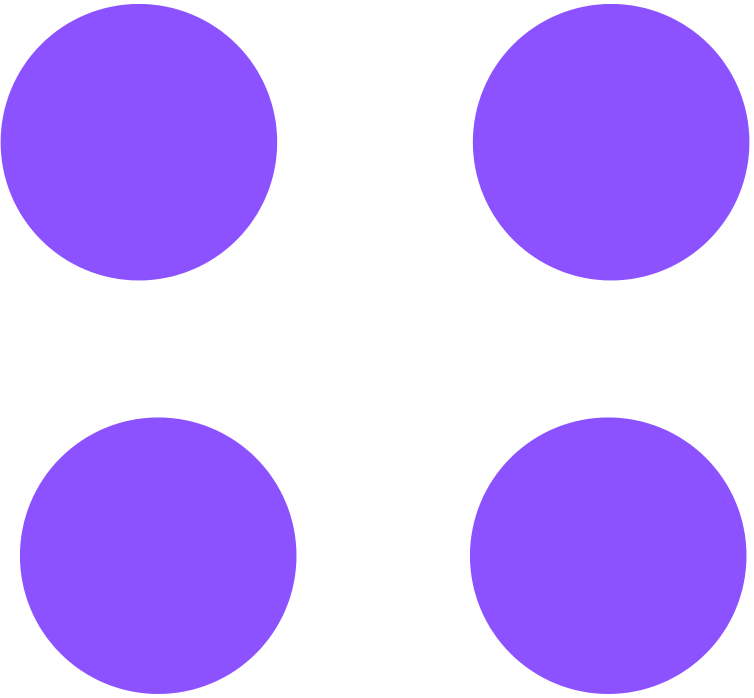
clothes pegs

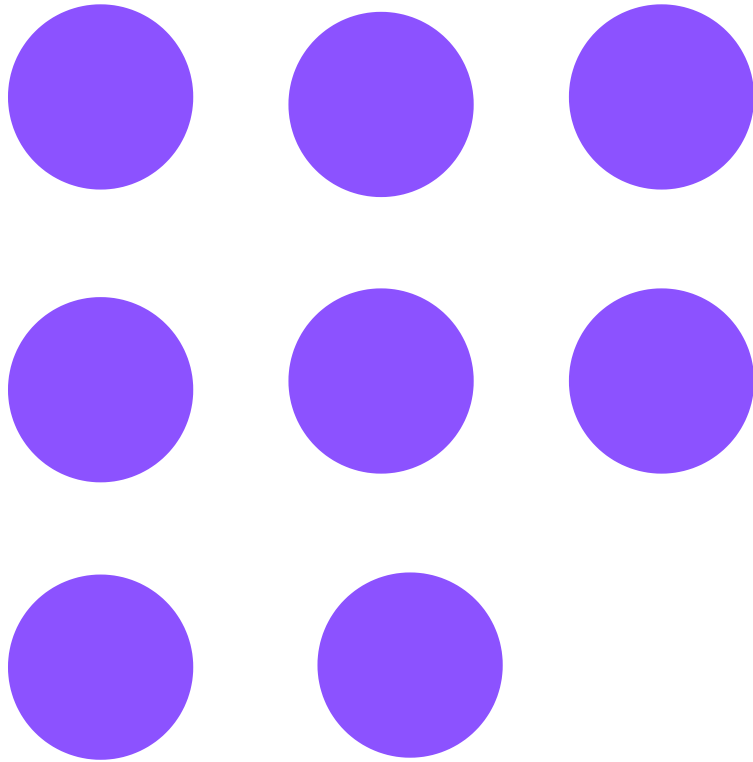
Print the cards on the next three slides for this activity.

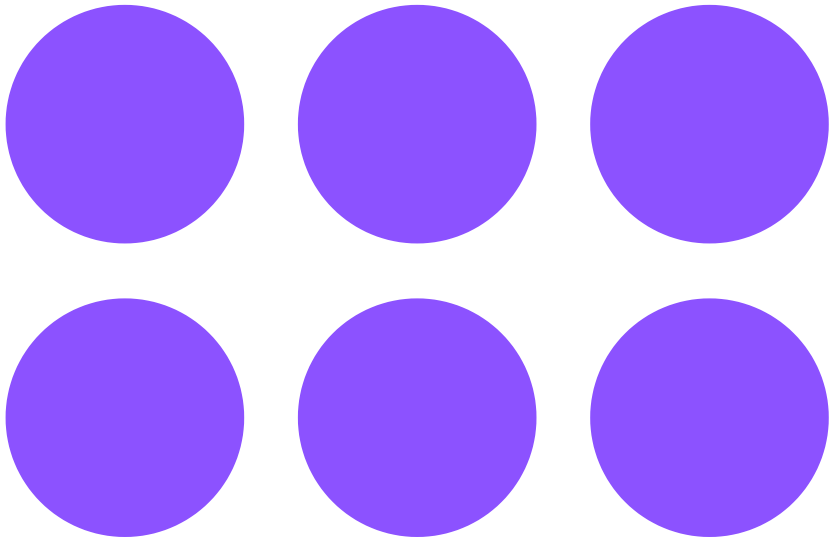
	
4	3

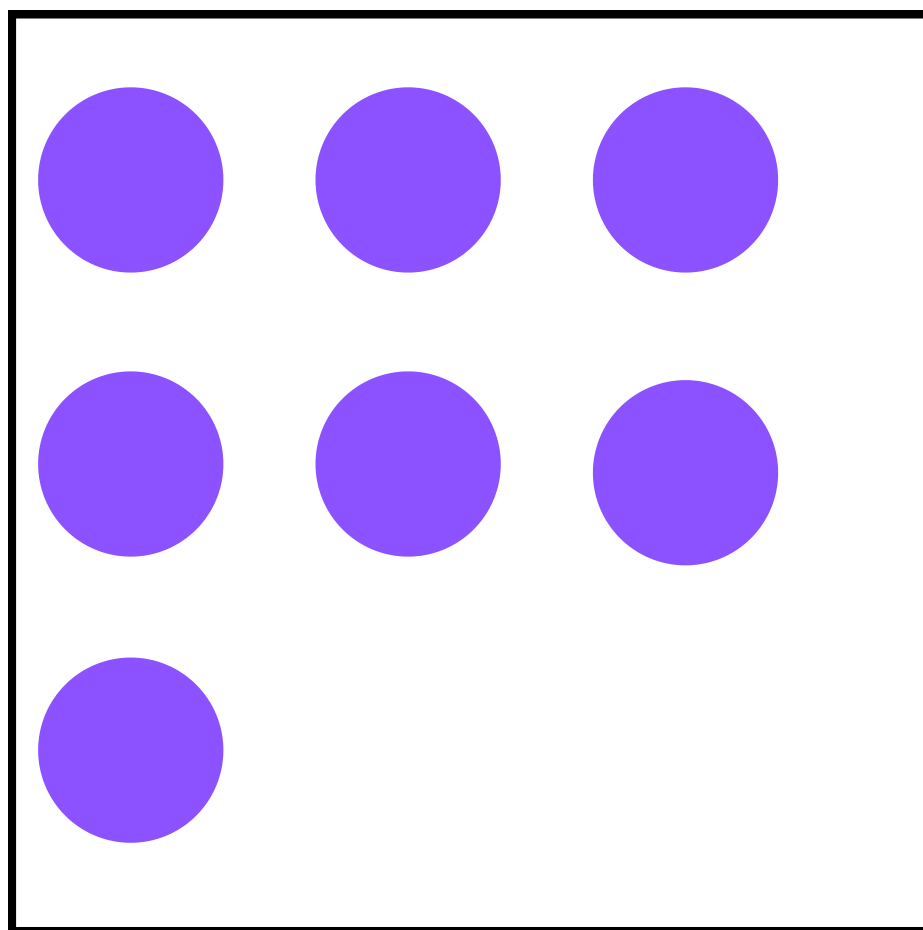
	
3	5

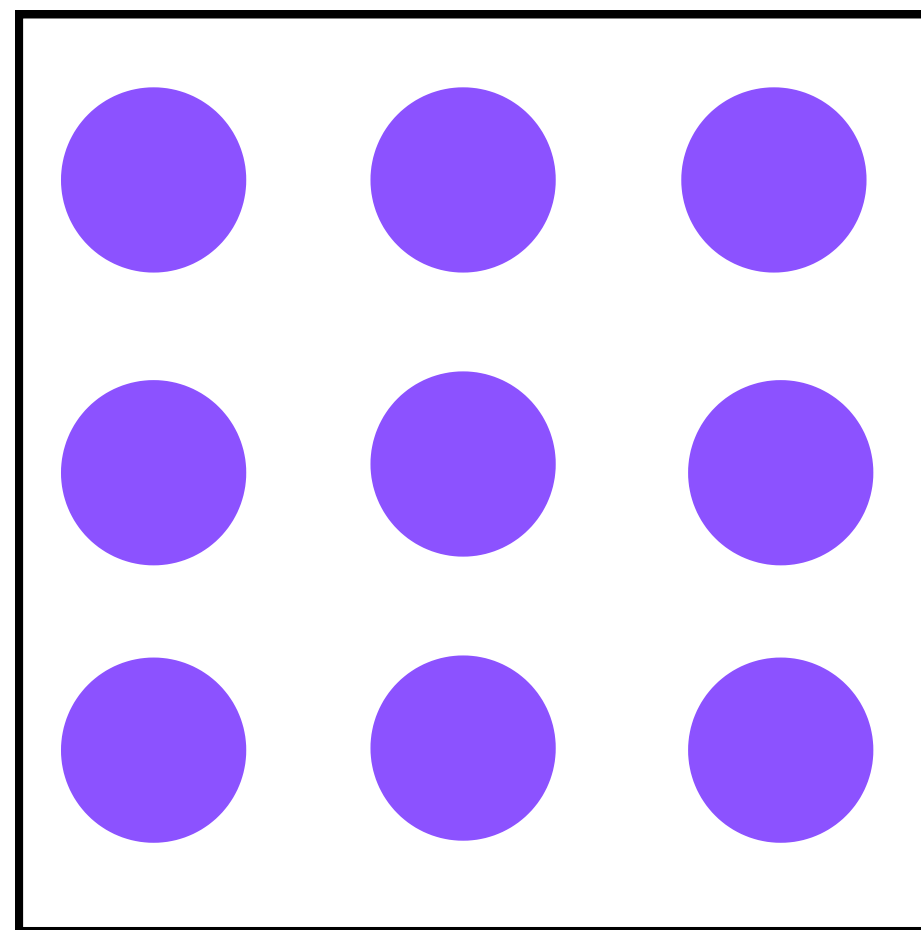
	
6	4

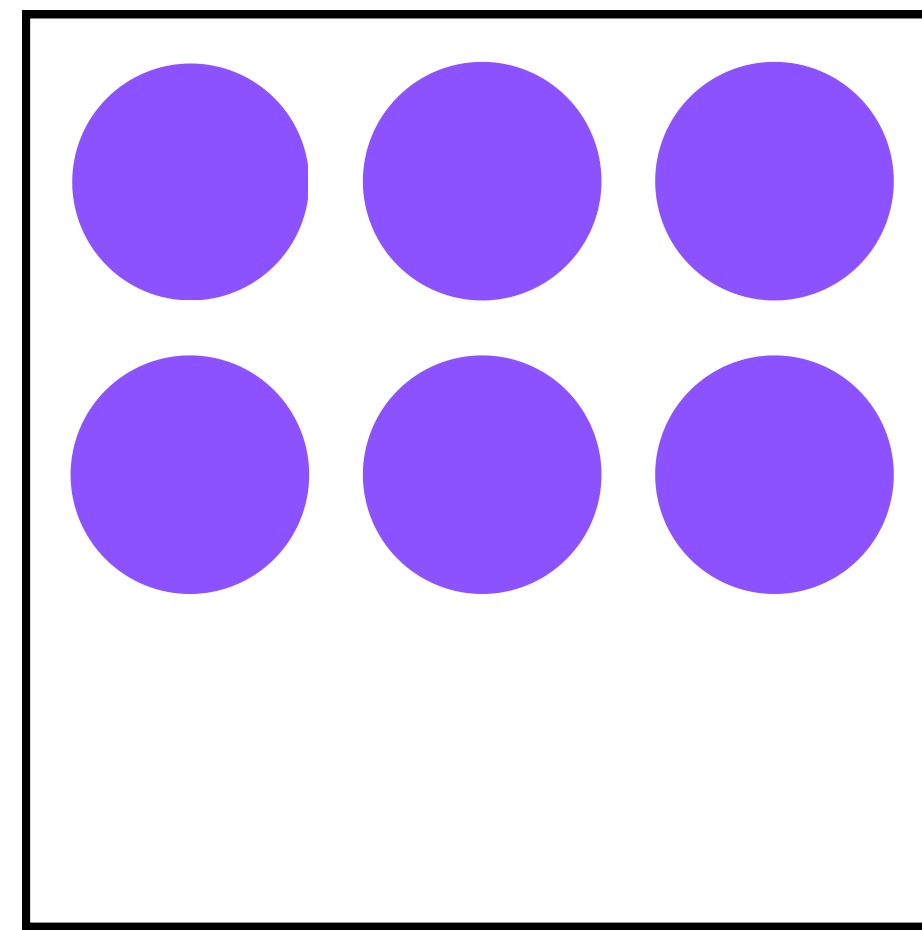
	
4	3

	
8	5

	
6	4

	
7	8

	
9	5

	
6	4

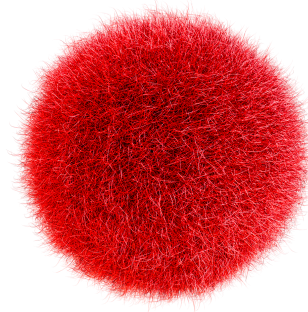
Make Your Own Rainbow Tweezers

Why this activity?

Visual Scanning

Peripheral Vision

Hand-Eye Coordination



Take colourful popsicle sticks or paint in a variety of colours. Place a pom pom inbetween the popsicle sticks and wrap elastic around it. You now have a tweezer or homemade tongs.

Using tweezers and tongs to build fine motor skills



ice cube tray round



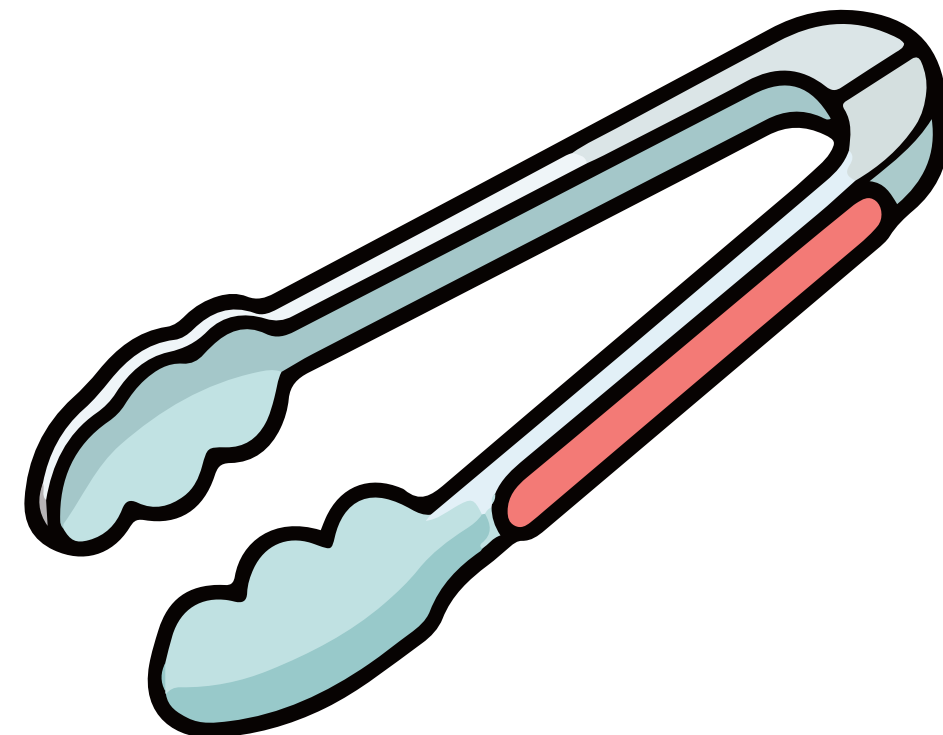
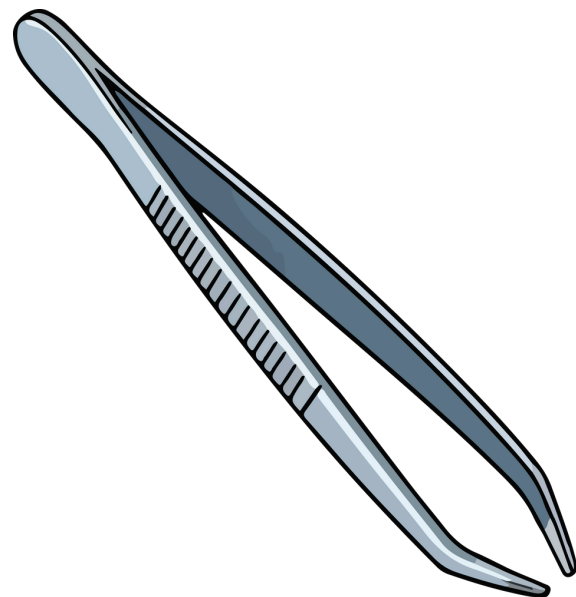
beads of different sizes
and shapes

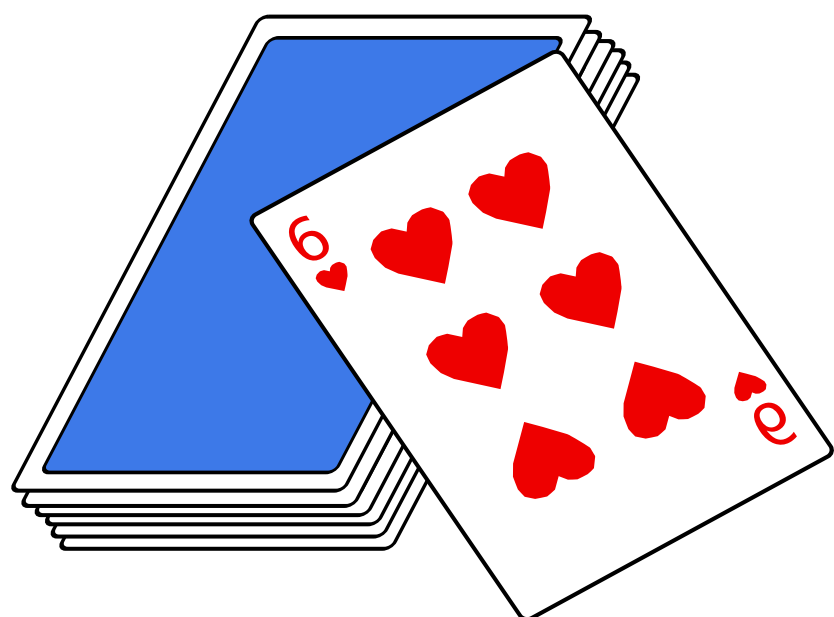


Using different utensils to help build fine motor skills



Buttons of different sizes
and different size trays.





Holding, drawing (picking up), and sorting cards builds finger control, cognitive flexibility, turn taking and numeracy.

