**Fine Motor Challenges**

Try and create a challenge for ­­­­­­­­­­­…………………. and a bit of a competition, can you do it more quickly than last time or in a different way.

* Use large tweezers to transfer 10 small objects from one side to the other requiring them to cross the body. Time this, can they improve on the time?!
* To help isolate a finger ask them to hold a marble in their middle, ring and little finger encouraging them to stay closed, this is useful in any activity where they need to isolate fingers.
* Threading large cotton reels into a necklace. You can alter the size of these as they get better. Larger objects are easier. Have fun with this, pasta, sweeties or cheerios?
* Collage pictures using tissue paper that they have to tear then roll into a small ball and stick on. You can use large printed pictures to stick things into if this gives more meaning and incentive (use the marble trick here!)
* Finger painting; try to use a different finger for each colour (use the marble trick here!)
* Using pencils or pens in different positions (i.e. lying or standing) can challenge the body to think more about what the hand is doing and sustain attention and concentration.
* Using plant spray guns with water and making patterns on the floor, wall or fence.

Theraputty – Yellow

* Child to remove the putty from the pot themselves.
* Standing at the table using both hands, one on top of the other, to flatten out the putty, then roll into a long sausage. Ask child to press marbles/pegs/coins into the putty and roll it up into a snail then into a ball so none are visible.
* The child then needs to find the items in the putty – this activity can be timed as a motivator to show child has improved. Position the pot to put marbles back in at opposite side of body encourage trunk rotation to cross midline, can also move pot around encourage visual tracking – repeat 2 times.
* Rolling peas out of putty using thumb and pointer finger and can then squash them with pointer finger, can use a marble held with other 3 fingers into palm to encourage finger isolation.

Using dot to dots and mazes after this will help to create flow and encourage visual motor stimulation.

On the Ipad there are two apps we suggest that can support handwriting and flow of handwriting, these are Ready to Print and Dexteria or Dexteria VMI. These programmes may feel like a backwards step but they can really help to establish a good basis for handwriting.