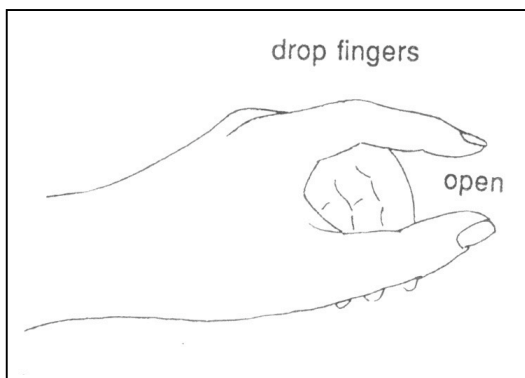


## FACT SHEET: FINE MOTOR SKILLS

The following activities are good for:

- Improving strength in the fingers
- Building dexterity of the individual fingers
- Developing bilateral co-ordination (e.g. when the right and left hands are performing different actions)
- Encouraging manipulation of objects within the hands using finger-tip grasps i.e.



- Carpentry- Using nuts, bolts, screws, hand-held drills, screwdrivers, hammers and nails
- Cooking- Whisking eggs, rolling out pastry/biscuit dough, kneading bread dough, peeling potatoes, carrots
- Pottery, modelling clay, 'fimo'
- Shuffling and dealing playing cards- e.g. bending wire for the base, ripping newspaper, moulding the Sticky paper onto the base.
- Using a computer keyboard
- Playing musical instruments- e.g. drums, piano,
- Commercially available games- "Jenga", "Tiddlywinks"
- Construction sets - e.g., Lego, Kennex
- Pegging laundry onto the washing line.