

Fine Motor Skills

Hume Valley School Occupational Therapy Department

1. *Fine motor skills- Torn Paper Art*

This activity works on developing fine motor skills and can either be used on its own for overall skill development or as a 'warm up' before writing tasks (if using before writing tasks choose less challenging options because you won't want to make your child's fingers too tired before writing).

KEY SKILLS:

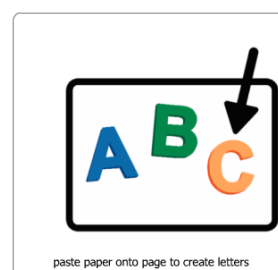
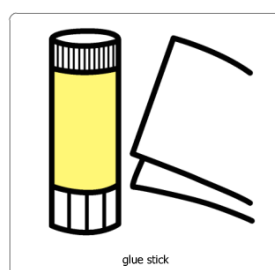
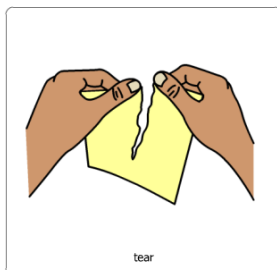
- Pinch grip to support functional pencil grip
- Finger strength
- Finger coordination and manual dexterity
- Finger endurance (being able to do activities for longer before the fingers and hands get tired)

WHAT YOU NEED:

- Colourful paper, or old magazines and catalogues
- Glue
- Texta

ACTIVITY:

1. Prepare paper by asking your child to rip up some paper into smaller 1x1cm pieces. Sort this paper into colours if you like and set it aside.
2. Take a piece of paper and a marker and write the letters of your child's name in large bold writing.
3. Continue this activity focusing on letters and words that are relevant to your child's current literacy lesson focus or words that motivate them such as the name of a family member or a character from their favourite TV show.



Suggested time: 5-10 minutes

MORE OF A CHALLENGE:

- Your child can write their own name/letter/word.

LESS OF A CHALLENGE:

- It may help if you begin the activity by gluing paper on one letter of the papier mache word that you are creating, and allow your child to continue.