



Some ideas for developing fine motor control for Reception children

Fine motor control is the term used to describe smaller movements, usually of the hand and fingers. Fine motor control is best developed through activities which involve small-scale movements.

- Involve the children in chopping and peeling in cooking activities.
- Use finger rhymes, counting fingers, playing with words and sounds, etc.
- Provide small construction toys.
- Sand and water play to include sieving, pouring, picking up toys using tools, etc.
- Develop the pincer movement: show the children how to use tweezers to pick up and sort sequins, small beads, etc., sprinkle coloured sand, glitter, salt, etc. on pictures. Also, use pegs to peg items on a line to strengthen pincer grip. Pop bubbles using pincer movement.
- Provide the children with paints, finger paints, etc. for making big patterns on differently shaped paper, for example fish, balloons, kites. Talk about the patterns they make.
- Encourage the children to strengthen their fingers by using clay, play dough, etc., for modelling.
- Encourage dexterity by asking the children to cut out large shapes or patterns. They can use different coloured marker pens for tracing along inside the shapes.
- Give the children thick paintbrushes and water to paint patterns.
- Colouring books and dot-to-dots encouraging children to use the correct pencil grip.