

Occupational Therapy Advice

2017

Fine motor box

Suggested strategies and activities:

Try to do fine motor stimulation on a daily basis. A FINE MOTOR BOX is a simple, quick way of doing this at home or at school. A fine motor box can be used individually or in pairs. Let the child choose 3 activities at a time or use a sand timer to time them (5-10minutes).

Encourage use of Tripod fingers when completing fine motor activities. This means thumb against the index and middle fingers!

These are just a few ideas for a fine motor box – add more of your own!

- Different textured balls - *See how hard you can squeeze them.*
- Bubble wrap – *See how many you can pop in a minute! Use your index finger and thumb.*
- Coins/ pebbles – *Pick one up at a time. See if you can hold them in the palm of your hand while you pick the next coin up. Can you drop them one at a time into a jar?*
- Pegs – *Have a race to see how many you can put around the outside of the box.*
- Paper clips – *Link together to form a long chain or twist to form a shape.*
- Tweezers – *Try to pick everything up with these!*
- Marbles – *Hide these in the play dough and see how fast you can get them out!*
- Pack of cards – *Practice shuffling and dealing.*
- Beads – *See how fast you can thread them onto a string. Put them one at a time into a bottle. Try this with your thumb and index finger, then your thumb and ring finger and then your thumb and little finger!*
- Toys that require flicking, twisting, pressing or opening!
- Pipe cleaners – *Bend them and twist them into different shapes!*
- Wikkistix
- Elastic bands (for older children) – *Help your child to tie elastic bands around each other to make a bouncing ball. You can place a ball of paper in the middle to start them off. They can do this over a number of days.*
- Theraputty – *See what animals or structures your child can make using the theraputty. Encourage them to use their fingers to pinch or roll small pieces.*
- Spinning top – *Have races to see whose tops can go the longest.*

* Craft activities can also be done at home:

- Encourage your child to 'colour' using different multi-sensory textures. Such as paint, finger paint, salt and sand.
- They can tear up pieces of tissue paper or dough and stick them onto the picture to 'colour' it in. They can also use beans, pasta, cotton wool, wool or craft accessories. Tearing and picking up small pieces also helps their finger movements to develop. You can use a squeeze tube glue to make their fingers stronger!

Fine motor games and activities that can be bought on Amazon.uk or commercially:



Learning Resources Avalanche Fruit Stand



Learning Resources Helping Hands FM tool set



Hasbro Operation



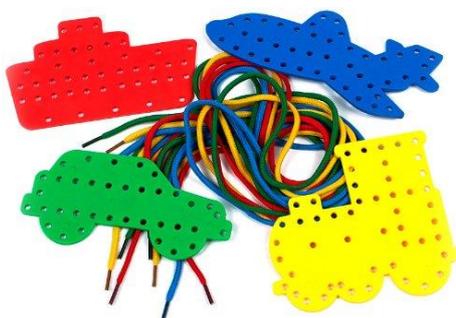
Kerplunk



Jenga



Pick up sticks



Creation Station Transport lacing shapes



Feed the Animal Fine Motor game

Let us know if you have any questions!