

## Fun Fine Motor Skills Activities

Each child is an individual on their own mark-making journey. Together we can support your child to become a confident mark-maker ready for reception. To be ready for writing children need to be able to hold a pencil using a pincer grip. This means using their thumb and first finger to grip the pencil. We call this a 'nip grip'. Your child will progress from holding a pencil with a palm grasp to eventually using a pincer grip.



Here are some activities to try at home to strengthen hand muscles for writing and to help develop a pincer grip. For each activity encourage your child to use their thumb and first finger.

- 1) Place pegs around the rim of a plastic cup or around a piece of card. Ask your child to remove the pegs and then try pegging them back on.
- 2) Use a stick to make patterns in the mud.
- 3) Pick up pennies and post them into a moneybox. How many can you do in a minute?
- 4) Pop bubble wrap
- 5) Screw up paper as small as you can then stick on to card.
- 6) Practise snipping with small scissors.
- 7) Squeeze and roll play dough. Check out Early Years Emily on youtube <https://www.youtube.com/watch?v=DrBsNhwxyzgc>
- 8) Thread dried pasta on to a piece of string or wool.
- 9) Fasten and unfasten buttons and zips.
- 10) Make marks outside with chalks and paintbrushes dipped in water.
- 11) Have fun drawing pictures with your child. Begin simply by asking your child to draw bubbles, footballs, a ladder, a face, a worm or snake. You

can also try drawing things and asking your child to add something. Legs on an animal, a roof on a house, tail on a mouse, face on a bear etc.

12) Check out squiglet on youtube ,great for drawing ideas .

<https://www.youtube.com/watch?v=Eyzsc9zgk28>

### Home Challenges

Please complete the drawing grid ideas with your child. Your child can draw independently or you can draw the basic picture and your child can add things . You can also write simple labels , it is good for your child to see how words are written. Your child may choose to copy some words too.

I have also included some name writing practise in readiness for starting reception. It can help to guide your child's hand so that they begins to learn the correct formation of letters and not to take their pencil off the page. It is also important to encourage a good grip to help with control of the pencil.

We say a "patter" to support the correct formation of each letter. I have enclosed a letter sheet with this information which you may find useful. We use **read write inc** letter cards to help the children begin to recognise letters . You can visit the parents section on the Ruth Misikin website for more information.

<https://www.ruthmisikin.com/en/parents-copy-2/>

Please bring your child's home link book back into nursery after Easter so that we can celebrate their work. Thank you for your continued support in your child's learning and early development. This information can also be accessed on the school website search for nursery class page .



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