
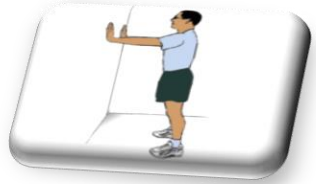




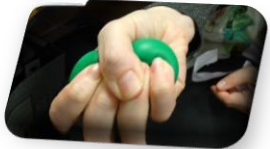


## Fine Motor Programme

- Programme to help develop hand strength, dexterity and fine motor skills.
- Activities help to target the underlying skills required for handwriting – including upper limb stability.
- This can be completed individually or as an entire class.


### UPPER LIMB



Activity	How	
<b>Punching</b>	<ul style="list-style-type: none"> <li>• Stand with both feet together, facing the punch bag (or therapy roll/ball)</li> <li>• Put hands into a fist shape (thumbs on the outside of fingers)</li> <li>• Punch at an even, steady pace</li> </ul>	
<b>Wall press up</b>	<ul style="list-style-type: none"> <li>• Walk towards wall with hand out straight, then stop when hands touch the wall</li> <li>• Hands should be facing up</li> <li>• Bending arms until nose touches wall</li> <li>• Push back until arms are straight</li> <li>• Feet should stay flat on the floor</li> </ul>	
<b>Half-body press up</b>	<ul style="list-style-type: none"> <li>• Lying flat on the floor arms in line with your shoulders</li> <li>• Pushing upwards – ensure hips stay on the floor, lift the upper body up</li> <li>• Push the upper part of your body up (avoid locking elbows)</li> <li>• Then slowly lower body back down</li> </ul>	
<b>Arm spirals</b>	<ul style="list-style-type: none"> <li>• Arms out horizontally</li> <li>• Move arms in a small circular motion forwards – slowly</li> <li>• Then try going backwards</li> <li>• Ensure size of circles stays the same</li> </ul>	

## HAND STRENGTH

Activity	How	
<b>Ball squeeze</b>	<ul style="list-style-type: none"> <li>• With handwriting hand – hold a soft ball in the palm. Cup fingers and thumb securely round the ball and squeeze, holding the grip for the count of 5</li> <li>• Ensure you count slowly i.e. 1, 2,3,4,5 and then release</li> <li>• Repeat this sequence – try to increase time</li> </ul>	
<b>Thumb into ball</b>	<ul style="list-style-type: none"> <li>• Place ball in handwriting hand</li> <li>• Only use thumb to squeeze the ball</li> <li>• Hold for required time (start with 5 seconds – can they do longer?)</li> </ul>	
<b>Creepies</b>	<ul style="list-style-type: none"> <li>• Place forearm on the table, using fingers of the dominant hand to scrunch paper into the palm</li> <li>• Do not rotate the forearm when crunching paper (or tissue paper) into palm.</li> <li>• Manipulate paper in the palm of the hand to make it as small as possible. Hold back the wrist for 5 seconds, then release</li> </ul>	

## DEXTERITY/MANIPULATION

Activity	How	
<b>Playdoh roll and pinch</b>	<ul style="list-style-type: none"> <li>• Using two hands – roll playdoh into a long snake</li> <li>• Using handwriting hand, pinch along the snake using only thumb and index finger, hiding remainder three fingers</li> <li>• Slowly with good grip</li> </ul>	

<p><b>Snake in a cave</b></p>	<ul style="list-style-type: none"> <li>• Following the above – playdoh is in long snake shape</li> <li>• Place wrist and forearm on the table next to the playdoh</li> <li>• Make a cave shape with the hand and use the thumb to drag the playdoh and pull it into the cave (hand)</li> </ul>	
<p><b>Wiggly worms</b></p>	<ul style="list-style-type: none"> <li>• Roll playdoh with two hands</li> <li>• Using 6 pieces of drinking straws (cut into 3cm strips), place each one directly into the dough so the straw touches the table</li> <li>• Remove the straw by wiggling it so the dough remains inside</li> <li>• Using index finger and thumb – squeeze the dough out of the straw tube</li> </ul>	
<p><b>Additional</b></p>	<ul style="list-style-type: none"> <li>• Threading games – start with large objects and get smaller</li> <li>• Large tweezers – picking up objects and transferring (varying in size)</li> <li>• Posting activities – into a container</li> </ul>	