

### Hand and finger strength

Target activities – throwing objects into a hoop, bowling over skittles, balls in a bucket

Threading – beads or pasta onto string

Tracing – finger painting, making patterns in a tray of salt or sand

Figure of 8 – draw a big sideways 8 in the air to get children used to crossing the middle of the body. Transfer onto big paper.

Water – transfer water by soaking a sponge and squeezing into another container

Banging – use wooden objects to bang on others to develop co-ordination

Cutting – develop scissor skills by cutting along lines or cutting and sticking from a catalogue

Tongs/tweezers – use these pick up objects getting smaller in size and transfer from one place to another

Scrunchy paper – screw up tiny pieces of paper with tips of fingers

Opening things – encourage opening of a range of packets (crisps, drinks, jars)

Pegs – peg onto plates, clothes, washing line

Grasps – encourage child to pick up and hold a range of objects to develop hand grasp e.g. tennis balls, ping pong balls, raisins, page turning in books, cups without handles

### Pencil control

- Colouring in, focusing on marking a specific area of the picture
- Colouring in, focusing on staying between the lines
- Draw around own or others hand, trying to stay close to fingers
- Draw around stencils, trying to follow contours of shape
- Draw vertical lines with control, stopping before the edge of the paper
- Draw vertical lines of varying lengths, with control
- Draw horizontal lines with control, stopping before the edge of the paper
- Draw horizontal lines of varying lengths, with control
- Draw diagonal lines with control, stopping before the edge of the paper
- Draw diagonal lines of varying lengths, with control
- Draw enclosed shapes, joining the starting and finishing point
- Draw circles of various sizes, with control
- Follow straight tramlines, staying within boundaries
- Follow wavy or zigzag tramlines, staying within boundaries
- Trace then copy wavy lines with control
- Trace then copy zigzag lines with control