



FINE-MOTOR SKILLS

Toddlers these days are barely out of diapers before they are playing with touch-screen toys and fiddling with iPads. And now, it seems, they are paying the price - because when they arrive at school they are apparently struggling to pick up basic fine-motor skills such as holding pencils, crayons and scissors.

What are fine-motor skills?

Fine-motor skills are the collective skills and activities that involve using the hands and fingers. That is, fine motor skills are those skills that require the small muscles of the hand to work together to perform precise and refined movements.



Ideas for playing with playdough:

- Use cookie cutters
- spell your name
- make people
- roll snakes
- cut the dough



PLAYING WITH PLAYDOUGH ALLOWS CHILDREN TO PRACTICE THEIR COORDINATION SKILLS AND DEVELOP FINE-MOTOR SKILLS IN THEIR HANDS.

What skills are used in a threading station?

- Fine motor skills
- hand-eye coordination
- spatial awareness

