

All of our Therapists have a degree or equivalent in Occupational Therapy or Physiotherapy, some to Masters level. All our therapists are registered with the Health Professions Council and receive regular post graduate training.

Our service is founded in evidence-based practice and is benchmarked against other local services and best practice groups.

We continue to review our service to make sure that it meets the needs of those who are using it.

We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact:

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## PAEDIATRIC THERAPY SERVICE

### Information and Activity Ideas for



General Fine Motor

Fine motor involves the use of the small muscles of the body to create movement that requires a high degree of control and precision to enable function. Activities that use fine motor skills include drawing shapes, writing, cutting with a scissors, grasping small objects, fastening clothing and using eating utensils.

**Activity ideas:**

1. Modelling with clay, plasticine, playdough, making pinch pots, coil pots and little figures.
2. Pastry making or biscuit making – stirring with spoon or hands
3. Mosaics and collages – using variety of different materials
4. Dot-to-dots and word search books
5. Threading beads, sewing activities – following a pattern
6. Commercial games with small counters, e.g. tiddly winks, pick-up sticks etc
7. Mazes – gradually increase the complexity of the maze with curves and circles and also gradually decrease the width of the maze.
8. Drawing around/ inside stencils of basic shapes
9. Colouring in activities – use different materials such as felt tip pens, chalk, crayons or pencils. Begin with large areas and grade to smaller ones. Encourage child to stabilise paper and try different strokes e.g. horizontal, vertical and circular lines.
10. Practice making shape/letters with fingers in the air. Also use streamers, ribbons, and a torch on the wall in a dark room.
11. Draw on their back/they draw on yours (shapes/letters).



12. Use tracing paper to develop pencil/ crayon control. Again begin with simple shapes, larger than smaller.
13. Doodle pictures e.g. house, man etc
14. Squirt guns, turkey basters, water bottles, spray bottles, squirt toys, etc. Show them how to squeeze and release to make water come out. This activity works on the concept of opening and closing their hands for scissors as well as helps to strengthen them.

15. Develop sensory awareness and idea of shape and direction by:

- drawing with fingers in paint, lentils, and rice etc
- using a utensil (not a pencil/crayon. Begin with a stick, carrot, end of a spoon etc) to draw in the above media. This could be done in a tray with coloured paper at the bottom or on the table



16. Grasping games

- games involving clothes pegs (plastic are often easier to open)
- threading/peg board activities
- paper clapping (try not to drop the paper)
- try scrunching paper into a ball with one hand and flicking it through a goal on the table



17. Hand games

- walking your fingers up and down the pencil
- finger tapping – playing the piano
- hold up and isolate fingers (hide fingers under cloth or playdough or draw faces on the tips and make up a story).

