



Fiddly Fingers! Ready to write.

Mrs Bradley



Agenda

Introduction

Fiddly finger Activities

Dough Disco

What we do at Pre-school

How you can Help at home

Benefits for Dough Disco

Introduction

Today's focus is on Physical Development in terms of fine motor control.

Fine motor movements involve the coordination of small muscles in the hands and fingers.

Strong fine motor skills are essential to complete tasks such as writing, cutting, using a fork or spoon, threading beads, moving puzzle pieces, zipping, buttoning, and tying shoelaces.

Without well-developed fine motor skills, a child may have difficulty learning to write or to undertake tasks such as using scissors.





Activities for Fine Motor control

Fiddly Finger Activities

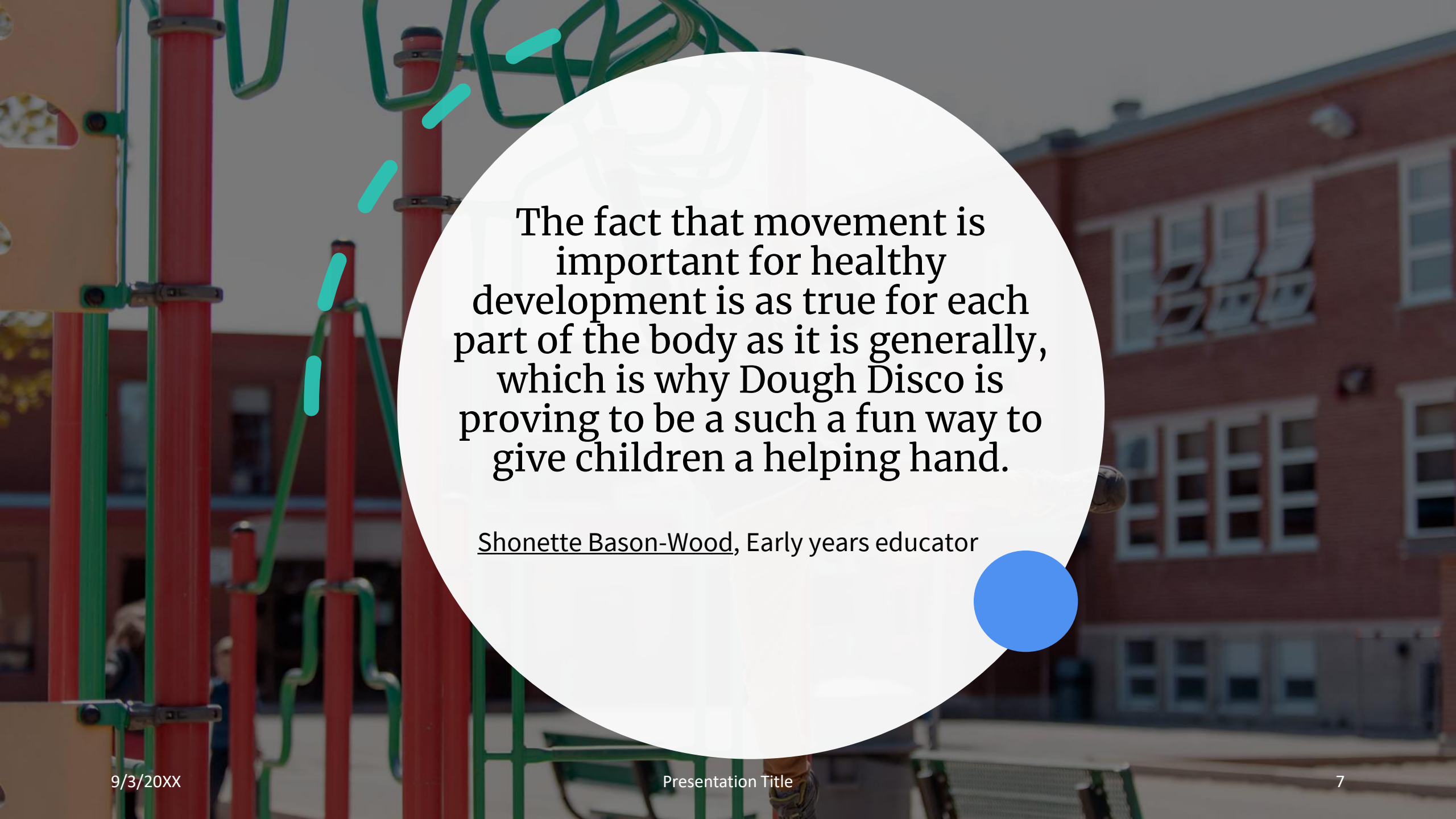
The activities that you will see today have been devised to strengthen the small muscles of the hands and fingers to develop a good pincer grip (using thumb and index finger to pick up objects)

The activities are as follows:-

- Picking up pom poms with tweezers.
- Copying pattern cards with pens.
- Threading the pipe cleaners into the colander.
- Threading pasta onto string.
- Connecting nuts and bolts
- Following a cutting pattern with scissors.

Dough Disco

- '**Dough Disco**' is a fun activity for the children which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control. The movements develop children's fine and gross motor dexterity, hand-eye coordination and self-esteem.
- Prepare your child's finger muscles and brain for writing. This fun activity with play dough features our beginner moves to help you practice.
<https://www.youtube.com/watch?v=qnpILg6l6Nk>



The fact that movement is important for healthy development is as true for each part of the body as it is generally, which is why Dough Disco is proving to be a such a fun way to give children a helping hand.

Shonette Bason-Wood, Early years educator

What we do at Pre-school.

Dough Disco

- 2-3 times a week for 10 minutes each.
- Adult led, large group with staff to support those that need more one to one support.
<https://www.youtube.com/watch?v=o9D5lfqZF3o>
- Usually after P.E, so children have already focused on Large motor skills and are ready to sit and relax.
- Allow children time with Playdough in the indoor and outdoor environment.

Fiddly fingers activities

- Allow for activities as part of the ongoing curriculum.
- Changing activities weekly, according to children's likes and interests.
- Observation and assessment six weekly
- Ideas of activities for children and parents at home.

How you can help

At home

- Make your own Playdough.

<https://www.bbc.co.uk/tiny-happy-people/homemade-playdough/z4tdd6f>

- Fiddly finger activities, prepare resources and make time to sit together.

- Role model what they should do and give them time to have a go.

Allow them to help with everyday tasks, zipping up coat, fastening shoes, pairing up socks etc..

Out and about

- Collect items for sequencing, making patterns or adding to their Dough.

- Allow time for posting letters, picking up litter and walking on tiptoes.

- Take your dough with you, use this as a sensory distraction or calming tool, children love nothing more than carrying things with them as they explore other environments.

Challenge

Why not have a weekly challenge?

See who can make the most animals out of their dough or

Who can thread the most cheerio's onto spaghetti?

Children like a competition and it makes it a little more fun!

Benefits

Benefits of dough disco?

- Supports the development of children's gross motor skills such as shoulder pivots, elbow pivots and wrist pivots that are all essential for early writing.
- Helps to develop children fine motor skills (small movements)
- Helps to develop the muscles in children's hands.
- Supports children's communication and language development.
- Promotes movements that cross the midlines in the body, which help promote brain activity and connection between ideas.

We are going to ask the children to join us now to show you a dough disco session.





Thank you

Please send your activities at home to DOJO, so we can share your child's successes with the group.

Please google dough disco and fiddly fingers for more ideas and information.

Any questions?