

Mighty Fine Motor Fun!

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- **Isbell, C. (2010). *Mighty Fine Motor Fun: Fine motor activities for young children*. Gryphon House.**
- **Isbell, C. (2010). *Everyday Play: Fun games to develop the fine motor skills your child needs for school*. Gryphon House.**
- **How do young children develop their fine motor skills?**
 - Play
 - Open-ended materials
 - Interaction with peers/adults
- **Foundations of Fine Motor Skills:**
 - Good posture/balance
 - Developmental readiness
 - Shoulder strength
 - Eye-hand coordination
- **What can most 3 year olds do with their hands?**
 - Copy a circle
 - Imitate a square
 - Thread large beads
 - Cut straight line
 - Use glue w/ supervision
- **What can most 4 year olds do with their hands?**
 - Cut out large shapes
 - Copy square/triangle
 - Make marks to represent name
 - Draw and paint with variety of utensils
- **What can most 5 year olds do with their hands?**
 - Draw a person with facial features
 - Uses tools with little supervision Ex. Glue stick, hole punch, stapler and tape
 - Creates symbolic representations of objects through drawing/painting (may not look like real object)
 - Uses scissors to cut non-paper materials
 - Writes first name and a few letters
 - Letters may include reversals and may not be in a line
- **Don't push fine motor skills before child is developmentally ready or child is at-risk for:**
 - Lack of interest
 - Poor pencil grasp
 - Illegible handwriting

- Slow handwriting
- **Sequence of Pre-Writing**
 - TRACE---COPY---DRAW
 - Copy horizontal line (18 months-2years)
 - Copy vertical line
 - Copy circle
 - Copy cross
 - Copy right to left diagonal
 - Copy square
 - Copy left to right diagonal
 - Copy X
 - Copy triangle
 - Copy diamond (5 years)
- **Sequence of Scissor Skills**
 - Open/close scissors with 2 hands
 - Holds scissors appropriately (3 years)
 - Open/close scissors with 1 hand
 - Snips paper/playdough
 - Cuts forward through paper
 - Cuts straight line (4 years)
 - Cuts out square/triangle
 - Cuts out circle
 - Cuts non-paper materials or thin paper (4 ½ -5 years)
- **Selecting Tools and Materials: Just the “Write Size”**
 - Grasp is “habit based”
 - Young preschoolers- large writing tools
 - Older preschoolers- “Itsy Bitsy” tools
- **Selecting Tools and Materials: Cutting**
 - Small, round- tipped scissors that are sharp
 - Young preschoolers- heavy weight paper (Ex. construction, card stock)
 - Older preschoolers- light weight paper, non-paper materials (Ex. Fabric)
- **Materials and Tools for Fine Motor:**
 - Dressing dolls
 - Finger puppets
 - Tongs/tweezers
 - Individual dry erase/chalk boards
 - Clay and dough with tools
 - Large and very small paint brushes, cotton balls, feathers, turkey baster, paint rollers, cotton swabs
 - Sponges: makeup sponges, kitchen sponges, large cleaning sponges
 - Large graph paper
 - Wikki Stix©
 - Nuts, bolts, screws

- **Fine Motor Activity for 3 year olds:**
 - POP Straws
 - Container Sort
- **Fine Motor Activity for 4 year olds:**
 - Incline Writing Boards
 - Pac Man
- **Fine Motor Activity for 5 year olds:**
 - Clay Writing Board
 - Pipette Play
- References: *Beery, 1997; Case-Smith & O'Brien, 2010; Hawaii Early Learning Profile, 2006; Gardner, 1996; Klein, 1996; Peabody Developmental Motor Scale, 2011*

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