

# Fine Motor Skills

## Pencil Grasp Development

I am sharing these activities based on my teaching experiences in Singapore special school. These activities encompasses development of strength in arm and shoulder muscles (gross motor skills) as holding onto pencil is dependent on the steadiness of these muscles. I have experienced great success with my pupils in developing better and appropriate pencil grasp and hope these activities would be useful.

Parent can take these activities home as materials and resources are usually available in their respective homes. Children can partake in these activities in fun and enjoyable ways without any added stress and being little household “helper”. These activities would create great opportunity for family to bond and do little things together.

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## Household Materials.

- **Wringing of wet cloth**  
(encourages palmar grasp, arm and shoulder strength)
- **Play dough**  
(encompasses fine and gross motor skills)
- **Clothes pegs**  
(refine tripod grasp and strengthen smaller muscle of each finger)
- **Pinching semi –firm dough**  
(encourages five finger grasp)

# Fine Motor Skills

## Physical activity for gross motor skills to strengthen shoulder and arm muscles.

- Wheel barrow
- Bear walk
- Swinging on Monkey Bar
- Throw & Catch ball
- Writing with 1 inch thick stick on wet sand (at the beach)
- Lifting and dropping sand filled beanbags from Point A to Point B  
(use age appropriate weights measurement)
- Pushing and pulling pushcart  
(with another child or items in it)