

Developing Motor Control: A few activity suggestions

- ❖ Manipulation of playdough - rolling, moulding and using simple tools.
- ❖ Snipping and cutting with scissors (card, paper, magazines, soft fabric).
- ❖ Dressing themselves/dolls/bears - Velcro, zips, buttons. (dressing up clothes).
- ❖ Threading beads onto laces (beads getting progressively smaller).
- ❖ Pouring activities (a teddy bears or a superheroes picnic).
- ❖ Opening and closing clothes pegs/pegging toy clothes onto a low washing line.
- ❖ Mixing and stirring - making cakes/mud pies.
- ❖ Finger rhymes.
- ❖ Throw and catch, bat and ball, skittles, hoopla, football, dancing.
- ❖ Feeling the outline of simple shapes and identifying e.g. plastic plate, remote control (feely bag).
- ❖ Sorting money, taking it out of a purse and putting it into a tub.
- ❖ Sponging - washing the car/plastic toys.
- ❖ Sorting small objects by colour, shape, size.
- ❖ Puzzles.
- ❖ Construction - Duplo/wooden blocks/junk modelling,
- ❖ Popping bubble wrap.
- ❖ Pulling off a felt tip lid and clicking it back on after use.
- ❖ Scrunching up paper.
- ❖ Setting up an obstacle course if you have an outdoor space.

Mark-Making

- Finger drawing - wet/dry sand, flour.
- Magic writing - patterns in the air (wavy, zig-zag, big O, small o, vertical lines. *Emphasising LEFT TO RIGHT, TOP TO BOTTOM and both ANIT-CLOCKWISE and CLOCKWISE.
- Water patterns on a dry patio using small decorating brushes.
- Chalking-indoors and outdoors (patterns, letters, numbers).
- Painting- brushes of varying thicknesses. Colouring and drawing- using a range of crayons and felt tips.
- Mark-making on whiteboards with dry-wipe pens.

- Ribbon writing/dancing (moving ribbon through the air).
- Tracking e.g. take the rabbit to the carrot, draw a line between two dots.
- Tracing - trace over name.
- Copy name, then begin to experiment with letters.

Our Role

- ✓ Invite your child to write alongside or with you - shopping list, memo, birthday card.
- ✓ Talk as you write/support your child writing e.g. 'mum' - begins with "mmm". Emphasise and exaggerate the initial sound of the word. Extend by trying to think of other words beginning with "mmm".
- ✓ Value mark-making, lots of praise and encouragement. Display child's writing around the home.
- ✓ Provide resources - paper in various colours, textures, shapes, post-its, envelopes, pencils, crayons and pens in various thicknesses, chalks, paints, stencils, scissors, glue sticks, old greetings cards, old magazines.

It's better for you and your child (especially in these strange times!) if...

- ✓ The pressure is off.
- ✓ The choice is theirs
- ✓ They are motivated e.g. making a sign for a pirate ship (purposeful).
- ✓ Little and often.
- ✓ They're enjoying themselves.

RELAX AND HAVE FUN!

