

# Learning Support Home Activities

Some children are part of fine motor and gross motor groups at school. Here are some activities that can be carried out at home .

## Fine Motor- Threading

Draw round an adults hand and cut it out (not every individual finger so that it resembles a mitten). Next get an adult to punch holes (make them quite big) around it about 1cm apart. Now use thread, wool or string and practise threading in and out the holes.

For extra challenge cut out two mittens and try and "sew" them together.



## Fine Motor- Hand Strengthening

Cut a sponge into squares (approx 5cm by 5cm). Wet one of the sponges and grip the sponge between the thumb and your index and middle fingers and squeeze the water out. Now place the dry sponge between the middle finger and remaining two fingers. Get an adult to shout out wet sponge then squeeze this alone, then dry sponge and squeeze this alone (keep changing the sequence). Swap sponges to different fingers and for extra challenge swap to the weaker hand.

Can you do these exercises with both hands at the same time?

## Fine Motor- Hand /Eye Coordination

Ask an adult to draw letters, shapes and lines with water and a paint brush (you can use a chalky board or outside in your garden on concrete or on black paper). Try to follow the shapes etc. with your own paint brush matching the original line as closely as possible. If you have chalk you can also use this. Also get an adult to outline the shape etc. only using dots. Follow the dots with your chalk/paintbrush to complete the shapes.

## Gross Motor -Commando Crawl

Place pieces of a small jigsaw/ construction blocks or Lego at one side of a room or the garden. Place a blanket/ sheet/ large towel in the middle. Start at the end without the jigsaw/construction pieces and hop two feet to two feet to the blanket. Commando crawl under the blanket then continue to hop and pick up once piece of the jigsaw/construction. Go back the same way and drop the piece of the jigsaw/construction onto the ground. Continue until you have picked up all the pieces then make your jigsaw or construction. Try this in a team with other members of your household, make it a race or time yourselves and see who can be the quickest!

## Gross Motor- Crab Walk

Put an obstacle that you can go round at each end of the garden or room. Now place your feet and hands on the ground with your head pointing up to the ceiling/sky. Next lift your bottom off the ground and crab walk to each end of the obstacle. Make the distance quite short to start with and see if you can keep increasing it. Challenge other members of your household to see how far they can go. For extra challenge place a soft/light object on your stomach and see if you can do your crab walk without it falling off!

## Gross Motor- Hot Hands

Place your feet and hands on the ground with your face pointing down towards the floor. Lift yourself up onto your hands and feet with your bottom tucked in and your back flat. Now pretend the ground is very hot, lift each hand in turn as quick as you can placing the hand down and then lifting the other one. How many can you manage?

An easier hot hands challenge is to do it on your knees , remember to tuck your bottom in and don't arch your back!