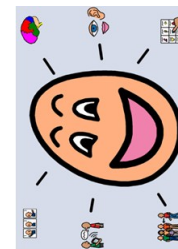
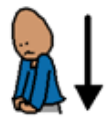




Fine Motor Skills



important
information



Fine Motor Skills give us the ability to use and control the small muscles in the hands and fingers. Many things can cause this to be impacted such as hypermobility. Fine motor skills are linked to cognitive processes and executive functioning.

Those with fine motor challenges often have significantly lower self esteem and low confidence as a result. They may be less willing to try new tasks or activities.

Those with fine motor issues can have difficulty with buttons and starting zips. Access to alternative clothing can help build confidence.



Different or thicker writing pens and pencils.



Pencil grips available.



Access to typing work rather than hand written.



Slip on shoes rather than laced.



Pre-threaded needles.



Non slip mats on desk to avoid jotters and work moving.



Tilted cutlery available.



Cutters rather than using scissors.



Examples of the task.



Lego building tasks.



Paper weaving craft work.



Adapted cooking utensils.



Use of softer wood and materials when drilling etc.



Access to better postured seats.



Extra time

Communication Friendly @SchoolsNlc

PCS and Boardmaker are trademarks of Tobii Dynavox LLC. All rights reserved. Used with permission.