

DEVELOPING FINE MOTOR SKILLS For Older Children and Teenagers

HANDICRAFTS

Paper Folding Crafts - The Japanese art of origami provides fine motor skill practice for people of all ages. Origami can be as simple as a folded airplane or cup, or be complex enough to require adult level concentration. Find a challenging but



achievable level for your child. www.origamiway.com

Paper Cutting Crafts - Making paper snowflakes require fine motor skills that can challenge an older child. Encourage them to expand upon a more simple design to see how ornate the snowflake can be made. Collages and scrap books are another fun and skill-engaging pastime and its good for the older child to focus on the detail of the shapes, rather than simply doing a circular outline.



Sewing & Beadwork - requires precision and a steady hand. There are many basic sewing projects that are achievable by older children, such as drawstring bags, bookmarks and simple stuffed animals. Supply string and multicolored beads to a budding jewelry maker and have her create matching bracelet and necklace sets.

Others to try include; Knitting, Crotchet, Calligraphy, Mosaic, Embroidery, Clothes Customising, T-shirt Art, Tie-Dying, Mosaics, Pottery, Puppet Making, Stained Glass, Clay Modelling, Wood-Working, Card-Making, Papier-mâché, Pressing flowers, Wall Decals, Balloon Animals

www.spoonful.com (Disney Family Crafts)

CONSTRUCTION ACTIVITIES

Construction toys like Lego, Magnetix, Marble Runs, K'Nex, Planx, all help children to refine their motor skills and handling abilities as well as building attention & concentration skills. An older child may enjoy working on a long term project such as making a model car, boat, airplanes, try www.wonderlandmodels.com for ideas. If your child is putting together some construction, i.e. castle or a space station, they will have to visualise, plan ahead and use their imagination.



GET COOKING AND BAKING

Cooking and baking is a great multisensory way to practice fine motor skills. It is also a vital life skill. A vast array of fine motor skills are practised in all the different cooking techniques, i.e. chopping vegetables, weighing ingredients, kneading dough, decorating cakes – the list is endless!



www.bbcgoodfood.com/content/recipes/favourites/kids-cooking/

www.kraftcanada.com

DRAWING

Drawing is a creative outlet as well as being a fine motor skill exercise. Offer a young artist a variety of mediums to work with. Graphite, pastels, colored pencils, chalk and charcoal are all inspiring and fun drawing tools. Challenge her by suggesting she illustrate part of a story, or visually represent a concept, to motivate her to add more detail to her work.



PLAYING A MUSICAL INSTRUMENT



Playing a musical instrument makes fine motor skill practice seem more like fun than work. If a young musician is allowed the freedom to choose the instrument he is interested in and the style of music he likes, he will be more motivated to practice. The hand, ear, eye and sometimes mouth coordination required to play an instrument provides plenty of growth opportunities for fine motor skills.