



Southwark Children and Family Centres
Bermondsey and Rotherhithe



Southwark Children and Family Centres
Camberwell and Dulwich

Stay at Home: Fine Motor Skills

Fine motor skills are involved in smaller movements that occur in the wrists, hands, fingers, feet and toes. They involve smaller actions such as picking up objects between the thumb and finger.



If you have no beads, thread pasta on string / shoe lace



Pinch and release...



Thread a Colander ...
scrunch into balls



Encourage their cutting skills... or ripping up newspaper and