



HELLO PARENTS,

Fine motor skills are the ability to make movements using the small muscles in our hands and wrists. Children rely on these skills to do key tasks in school activities as well as in everyday life, such as: writing, colouring, buttoning, zipping, etc. Development of these skills will support your child to not only complete important tasks, but also develop self-care and independence skills which will, in turn, lead to their increased confidence and improved academic performance. In this newsletter, we provide you with activities that can help your child develop and practice their fine motor skills.

ACTIVITIES INFANTS (3 -18 MONTHS)

EXPLORE HAIR ROLLERS

MATERIALS:

- Hair rollers

DIRECTIONS:

- Provide your child with hair rollers in different sizes.
- Encourage your child to explore the hair rollers. They may run their fingers over the rough surface of the rollers, stack them, stick them together, pull them apart, etc.
- Observe how your child discovers the hair rollers.
- Join your child and make discoveries together.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

STICKER COLLAGE

MATERIALS:

- Stickers
- Paper

DIRECTIONS:

- Provide your child with stickers and paper.
- Encourage your child to peel off the stickers with their fingers and place them on the paper.
- If you want this activity to be a challenge, draw shapes on the paper, and ask your child to place the peeled stickers inside the shapes or along the outline of the shapes.
- You can take turns choosing the stickers and work on the collage together.
- Display the collage where your child can see and reach it to give them an opportunity to revisit their work.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

FEEDING BIRDS

MATERIALS:

- Toy bird
- Yarn
- Scissors
- Tray
- Tweezers

DIRECTIONS:

- Invite your child to play feeding the birds game.
- Cut the yarn into smaller lengths and place them on a tray. Explain to your child that these are "worms".
- Ask your child to use the tweezers to pick up the worms and place them next to the bird until all of the worms have been collected.
- Encourage your child to count the worms and pretend to feed the bird.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

SAVE INSECTS

MATERIALS:

- Basket
- Yarn
- Plastic insects
- Clothespins

DIRECTIONS:

- [Click here](#) to listen to "The Very Busy Spider" and discuss with your child how spiders make their webs.
- Provide your child with a basket and some yarn.
- Encourage your child to weave a spider web using the basket and yarn.
- When the spider web is complete, ask your child to place the insects inside the spider web and tell them that the insects got stuck on the web and need to be rescued.
- Ask your child to save the insects using the clothespins.
- Join your child in saving the insects and then count how many each of you have saved.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

SALAD IN THE JAR

MATERIALS:

- Jar
- Your favourite vegetables and fruits (lettuce, carrots, cucumbers, strawberries, apples, etc.)
- Knife
- Cutting board
- Salad dressing
- Plate

DIRECTIONS:

- Gather your favourite vegetables and fruits and clean them.
- Cut the vegetables and fruits into small pieces.
Younger children must be supervised by an adult!
- Lay out all the ingredients on a plate.
- Start by adding 2-3 tablespoons of salad dressing into the jar.
- Add the heaviest ingredients first, then the lighter ones, ending with salad greens.
- When you finish layering the ingredients in the jar, cover the salad jar with the lid and refrigerate it if you want to eat it later.
- When you are ready to eat the salad, shake the jar. You can eat it straight from the jar or put it on a plate. Enjoy!

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Provide your child with a wide variety of interesting objects and open-ended materials for exploration and play.
- If possible, encourage your child to play a musical instrument.
- Invite your child to cook with you.
- Have art materials, such as: crayons, coloured pencils, markers, scissors etc., ready and easily accessible at home and encourage your child to use them creatively.
- Support your younger child in learning to use utensils during meals.
- Create opportunities for your child to do house chores.