KIDS COLLAB
activating bodies and space

Fine Motor Activities

FIDDLE & FIDGET

Ages 3-4



BUBBLE PAINTING

Carry out this task/ activity in order to focus on your fine motor development this week

*Supervision required at all times, especially when using scissors and sharp objects

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OUTCOMES

This activity focuses on the below elements of fine motor development

Bilateral coordination
Using both sides of the body at the same time in an activity. The left and right sides of the body may do the same thing or may do different things at the same time. We use this skill every day when we get dressed, eat food, and play on the jungle gym.

Pincer Grip
The action of closing the thumb and index finger together in order to hold an object. We use this grip often in picking up small items. This is the foundation to a good pencil grip.

Oral motor skills
The movement of the mouth, lips, tongue, jaw, and cheeks. Movements build strength, coordination, and accurate control of these structures which is imperative for talking, chewing, and eating.

Breathwork
Breathing is a powerful self-regulation tool.

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WHAT YOU WILL NEED

Below are some suggestions of what you will need to carry out this week's activity



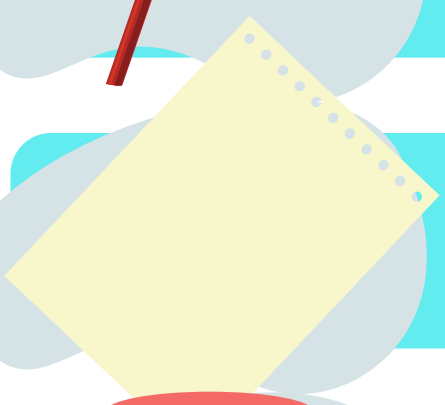
Bowl of water



Dish washing liquid/any soap that will create bubbles



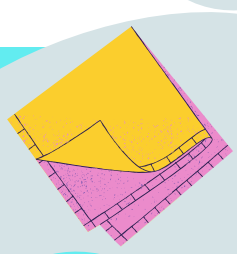
Straw



Piece of plain paper



Food colouring



Cloth for any mess

If you would like more than one colour for painting – extra bowls of water, different colours of food colouring, extra straws

*supervision required at all times

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ACTIVITY STEPS



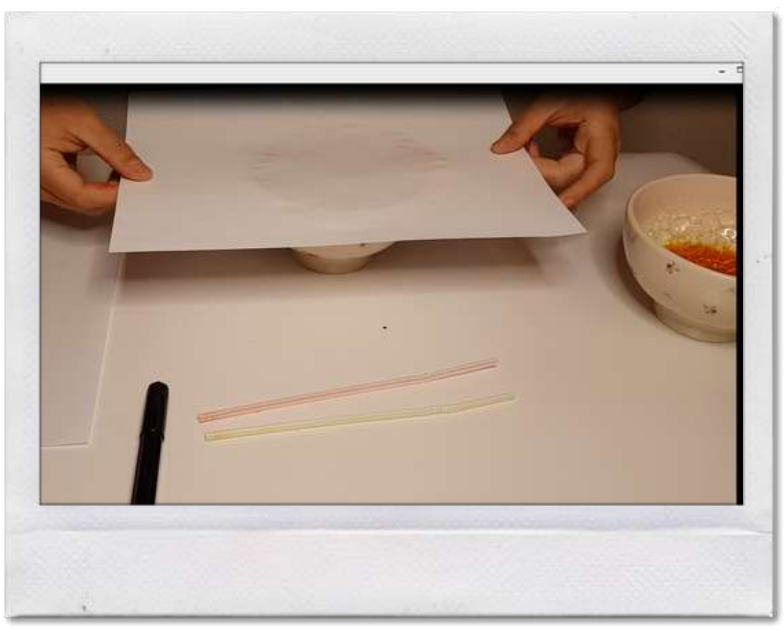
STEP 1

Add a little dishwashing liquid to your bowl of water, and a drop or two of food colouring depending on how darkly coloured you would like your bubbles to be.



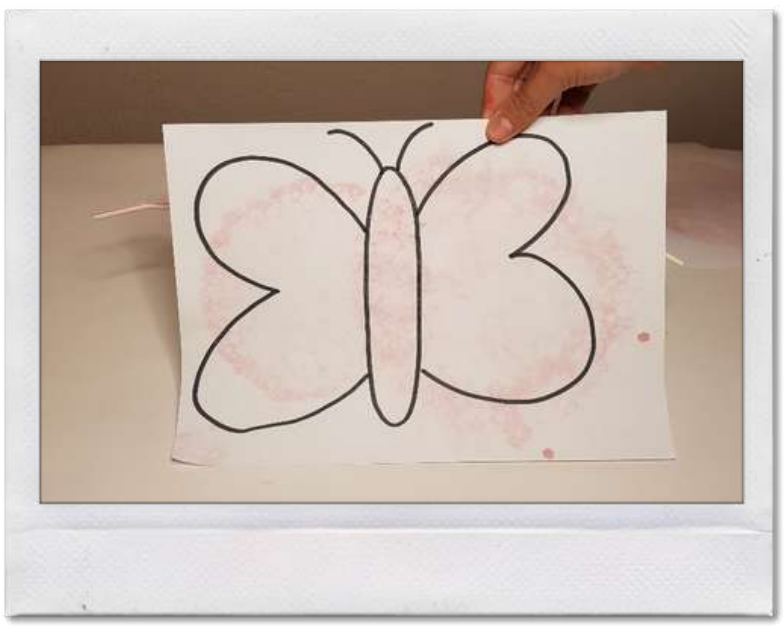
STEP 2

Put your straw into the bowl and blow air through the straw, you'll see coloured bubbles starting to form. Keep blowing through your straw to make the bubbles grow and grow.



STEP 3

Once you have a 'mountain' of bubbles, pick up your piece of paper and place it flat over the bubbles, and then pick it up straight.



STEP 4

Did you get coloured bubbles onto your page? Leave it to dry and admire your artwork.

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REACH OUT TO THE KIDS COLLAB TEAM IF YOU HAVE ANY QUESTIONS OR QUERIES ABOUT THE PROGRAMME

Disclaimer:
Please note that these activities have been selected, adapted and developed for the specific age group mentioned, and efforts have been made to ensure the age-appropriateness of the tasks. These activities and programmes form part of a stimulation programme and are not part of a therapeutic treatment intervention programme. Please contact us should you have a concern regarding your child's development or abilities. Please keep in mind when performing these activities that all children develop at different speeds and at different times depending on their age.

Please feel free to use your discretion to make the activities easier or trickier, and adjust the amount of assistance you give your child; depending on how your child copes with each activity.

These activities require the full supervision of an adult, and KIDS COLLAB and its associates/affiliates/contributors cannot be held liable for any damages or injuries incurred during the execution of these activities.

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