

Fine Motor

Button Up

Purpose

To improve hand strength.
To improve coordination.
To develop ability to plan.

Activity

Using buttons and thick card (approx 10cmX10cm) with a slit cut in it. Children select a button and push it through the opening while holding the card, and pull it through the other side.

Make it easier

Select large buttons
Start with a larger hole than requires minimal force to get the button through.

Make it harder

Select smaller / odd shaped buttons
Use card with smaller/narrower slits
Ask the children to hold the card off the table as they feed the button through.

Observations

- Are they able to exert appropriate force?
- Are they able to hold the card steady?

Also:

Visual Perception
Bilateral Skills
Planning and Sequencing

Equipment

Card with various size slits
Various size and shaped buttons