

# 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