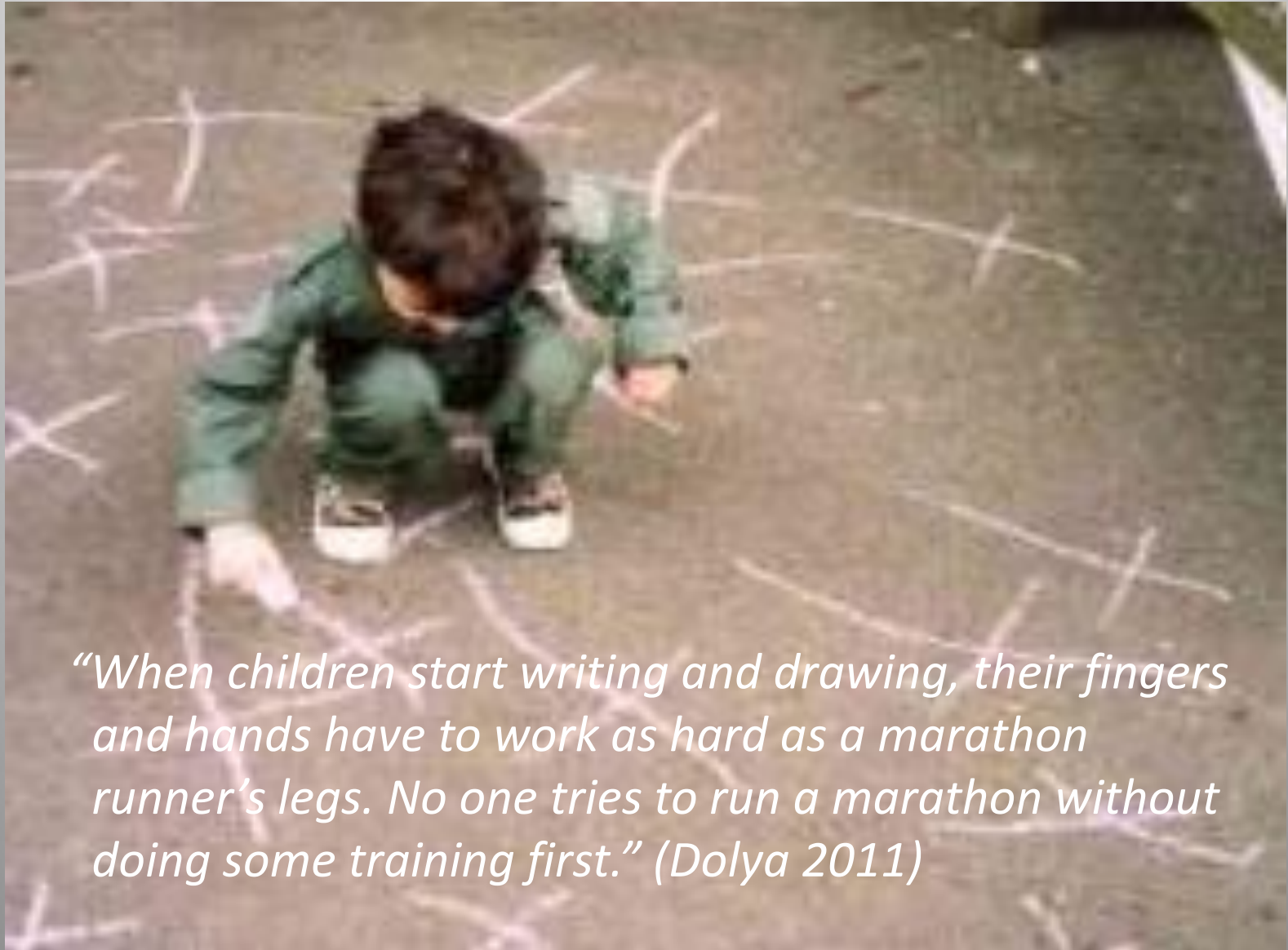


Funky Fingers

Ideas to support the implementation
of Funky Fingers.

Produced by The Early Years Quality
Improvement team.
London Borough of Hillingdon





“When children start writing and drawing, their fingers and hands have to work as hard as a marathon runner’s legs. No one tries to run a marathon without doing some training first.” (Dolya 2011)

The Vision

Children within the EYFS having access to regular, daily access to a programme, whereby they develop fine motor skills, in addition to working collaboratively, responding to challenge and using appropriate language and mathematical skills.

This will enable children to become competent, confident and creative mark makers and writers.



Funky Fingers Rationale

- Provides young children with vital sensory information.
- Makes connections in the brain, essential for brain development.
- Multi-sensory focus supports thinking and learning
- Promotes discovery and problem solving, thus providing a meaningful context for learning
- Enables tool use
- Supports early mark making and writing skills

Benefits of Funky Fingers

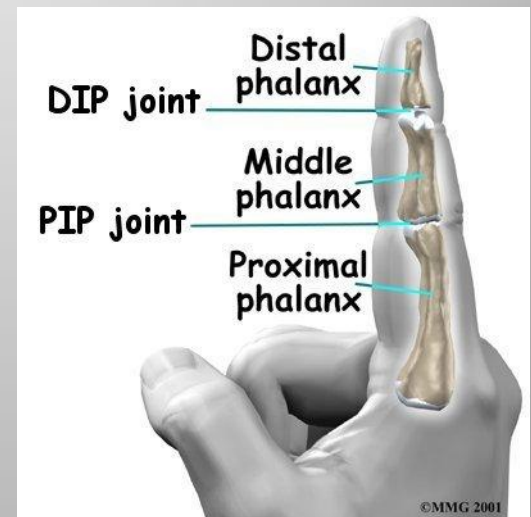
- Fun and active start to the day, or provides challenge in continuous provision
- Supports the development of fine motor skills
- Collaborative or pro-social
- Easy to replicate, often with readily available resources
- Encourages the left and right side of the brain to make connections, thus securing learning
- Further challenge young children's bodies by removing chairs; standing to do this adds another dimension
- Challenge the children to reduce the time the task takes to complete, over the week. Can they find a way of recording their scores? Can they better their scores?

These movements strengthen and develop children's fine and gross motor dexterity, hand/eye coordination, proprioception, balance, low load control, grip and self esteem!



Fine Motor Control Development

- Is concurrent with gross motor development
- Typically cephalo–caudal and proximal–distal pattern



Typically cephalo–caudal (head to toe) and proximal–distal (moving from the body parts closest to the trunk to those furthest away) pattern



A



B



C



D



E



F



G



H



I



J

A = radial cross palmar grasp; B = palmar supinate grasp; C = digital pronate grasp, only index finger extended; D = brush grasp; E = grasp with extended fingers; F = cross thumb grasp; G = static tripod grasp; H = four fingers grasp; I = lateral tripod grasp; J = dynamic tripod grasp.

Figure 2 - Pencil grip postures¹⁶

How children use their hands

- Squeezing , Prodding , Pressing & Poking
 - Moulding, Grasping , Scooping & Shaping
 - Stirring , Pinching, Beating & Banging
 - Whisking , Throwing, Stamping & Stretching
 - Mashing , Grinding , Turning & Twisting
 - Patting, Gripping, Smoothing & Stroking
 - Sieving , Levering , Wiping & Waving
 - Rolling , Lifting , Pushing & Pulling
 - Reaching, Waving, Holding & Hanging
 - Sweeping, Squirting, Punching & Pointing
 - Tapping, Carrying, Squirting and Shaking
- Children need opportunities to do all of these within the environment.
 - To practise and refine.
 - Adults should model and use correct vocabulary to support children's developing movement words.



Ofsted feedback

- Ensure that activities offered provide play which is more purposeful and challenging
- Insufficient progress overall but particularly in mathematics, reading, and writing



Hand eye co-ordination

Ability to control hand movement guided by vision.

Visual Motor Integration. We use this skill to enable us to draw, paint, thread, cut, pour, eat, build and write, to name but a few. It is essential that children have lots of practice in developing it on daily basis.



Ways to develop this strength:

- **Threading**
- **Pipetting water**
- **Stacking bricks**
- **Weaving**
- **Cats cradle**

SHOE TYING

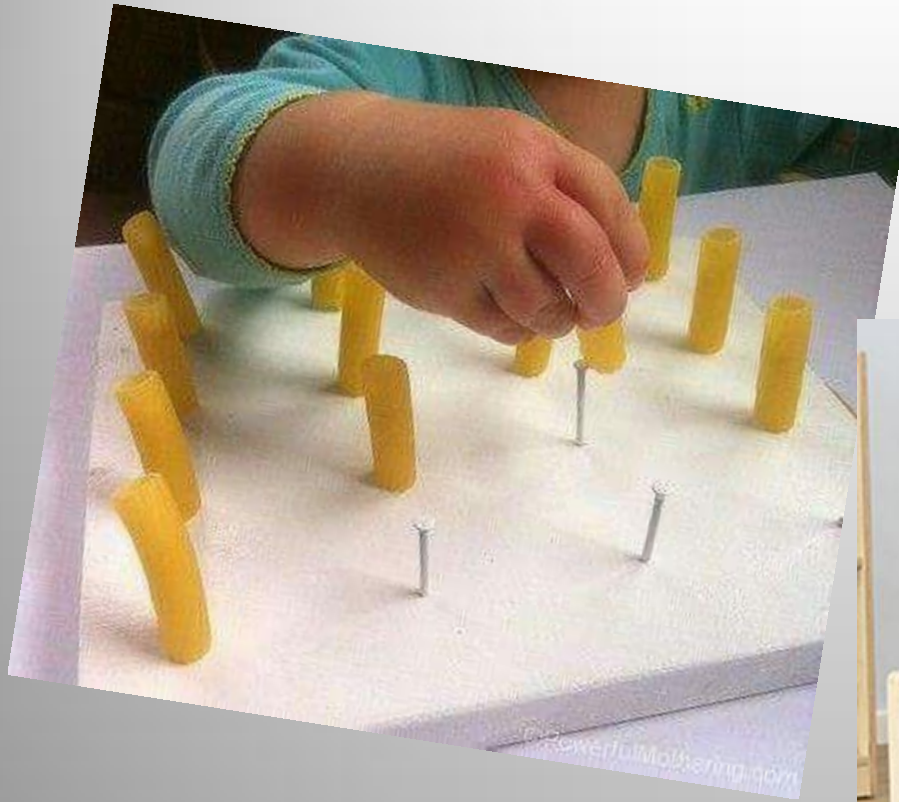
TIPS &
TOOLS



SUGARAUNTS.COM

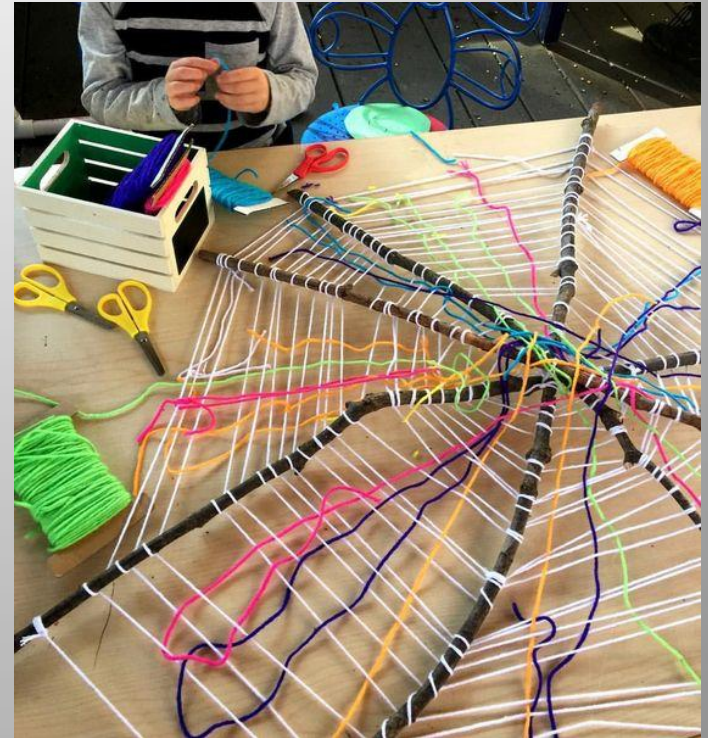












Pincer grip

Enables a child to pick up small items using the thumb and index finger.

use all fingers in a rake action to move items into the palm of their hand



pinch items with the thumb against the side of the index finger



use the end of their thumb and forefinger in a pincer grasp to manipulate small objects effectively

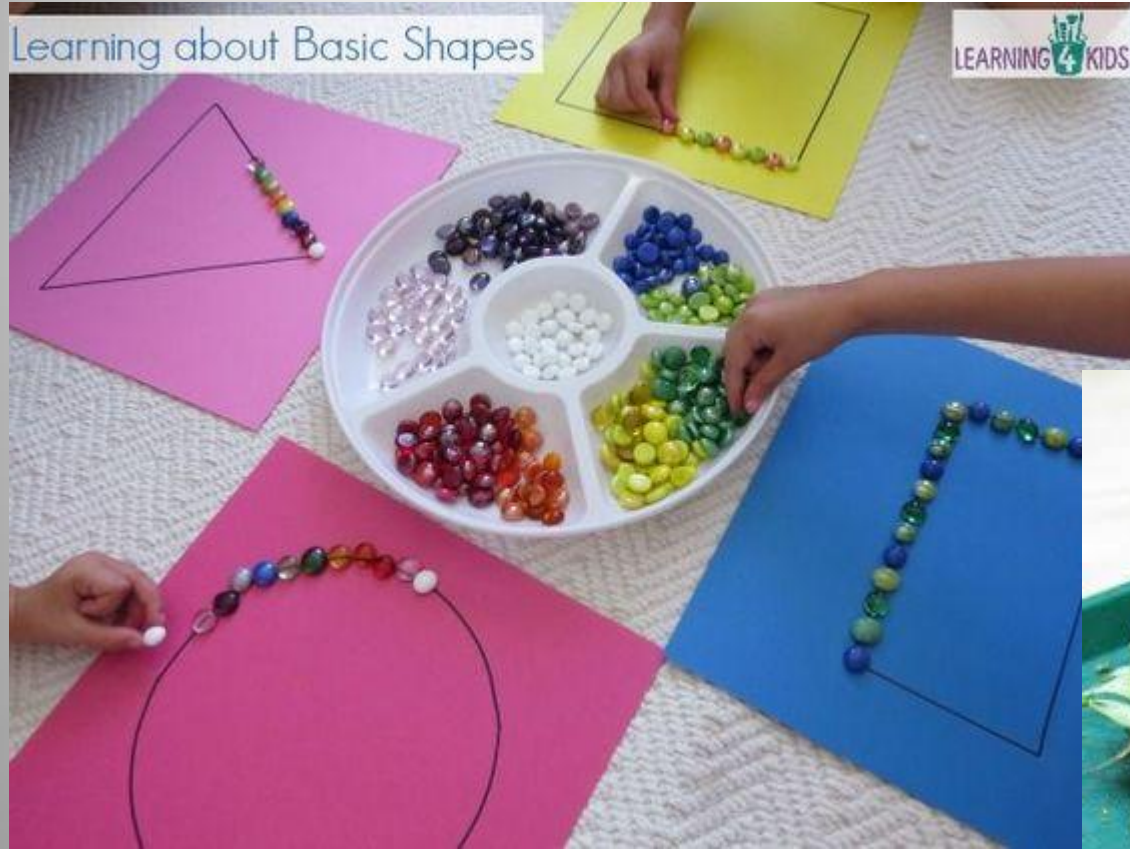


Ways to develop this strength:

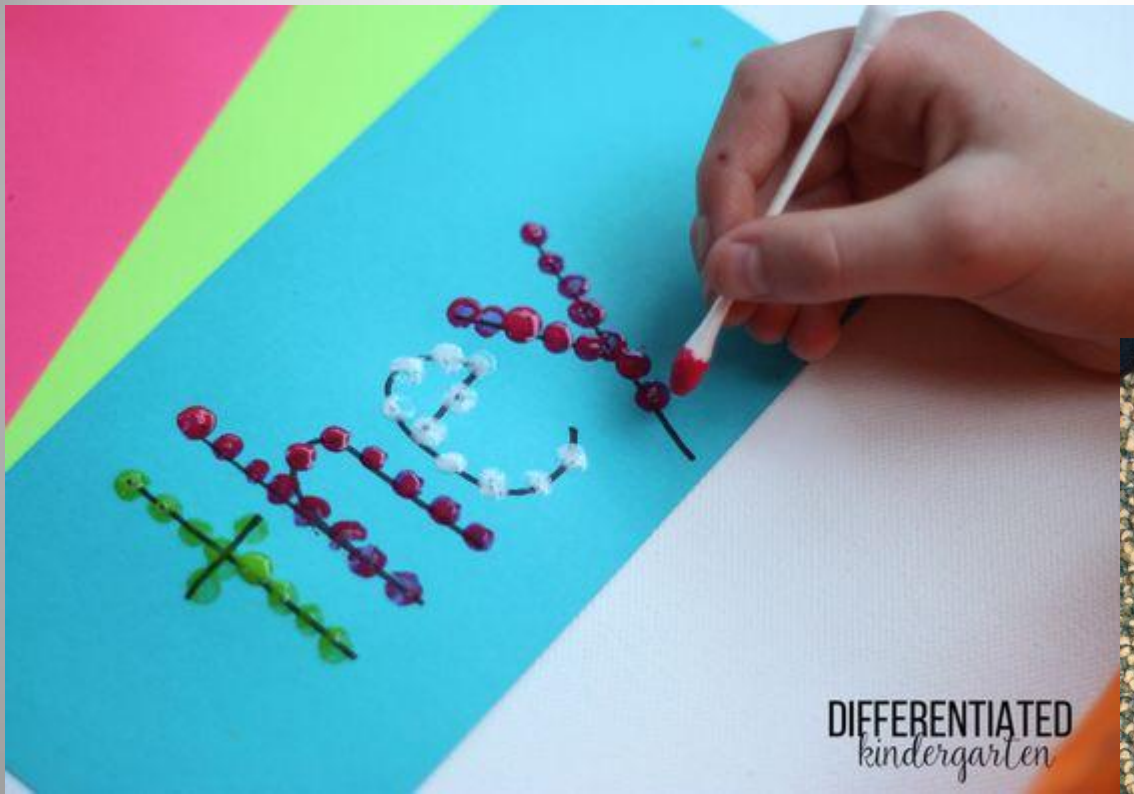
- **Prick shapes in playdough with cocktail sticks**
- **Peeling sequins off sticky surface**
- **Pick up bugs with origami frog**
- **Pick stickers off a sheet**
- **Peg boards**



Learning about Basic Shapes

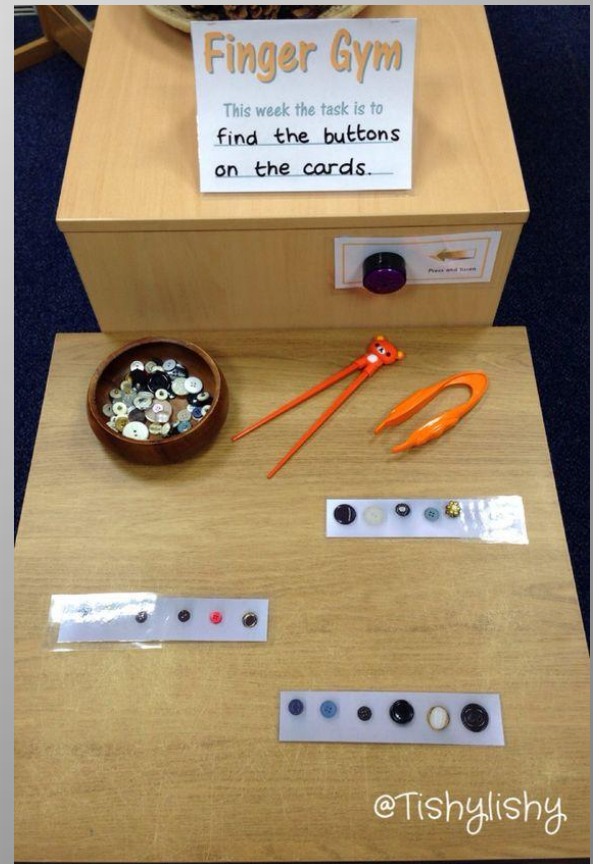
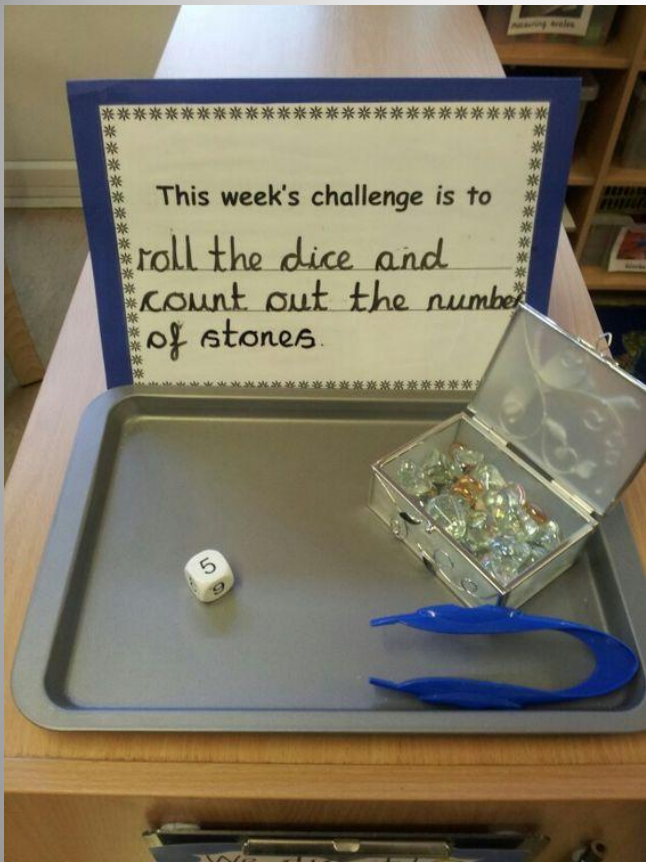






DIFFERENTIATED
kindergarten







Fine Motor Fun

Bugs and Bottle Tops



LEARNING 4 KIDS



simple set-up fine motor activity

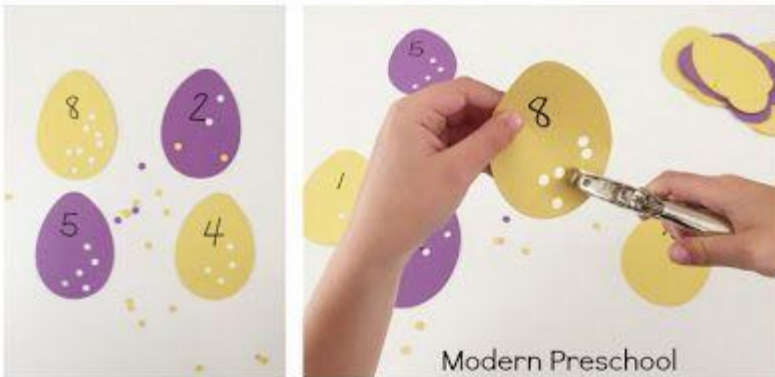
Pinching Clothespins

momtimeappetite.com

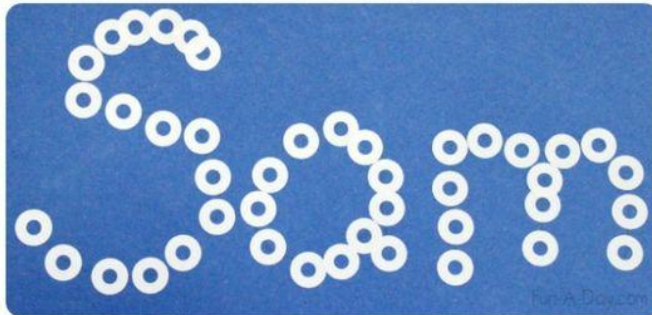


EGG CRACKING

fine motor
counting practice



Teaching 2 and 3 Year Olds



Palm Arches



- Enables the hand to grasp a range of different objects of various sizes and shapes.
- These arches direct the skilled movement of your fingers and control the power of your grasp.



Ways to develop this strength:

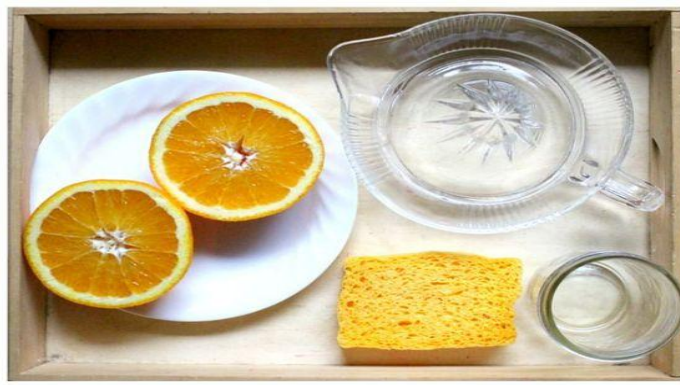
- **Dough Disco**
- **Squeezy Tennis ball**
- **Scrunch foil into a ball**
- **Spray bottles**





SQUIRT GUN PAINTING

Kids love it



Squeezing an Orange Montessori Practical Life Activity



*Rhythms
of Play*



© Recycled Art

MamaOT.com

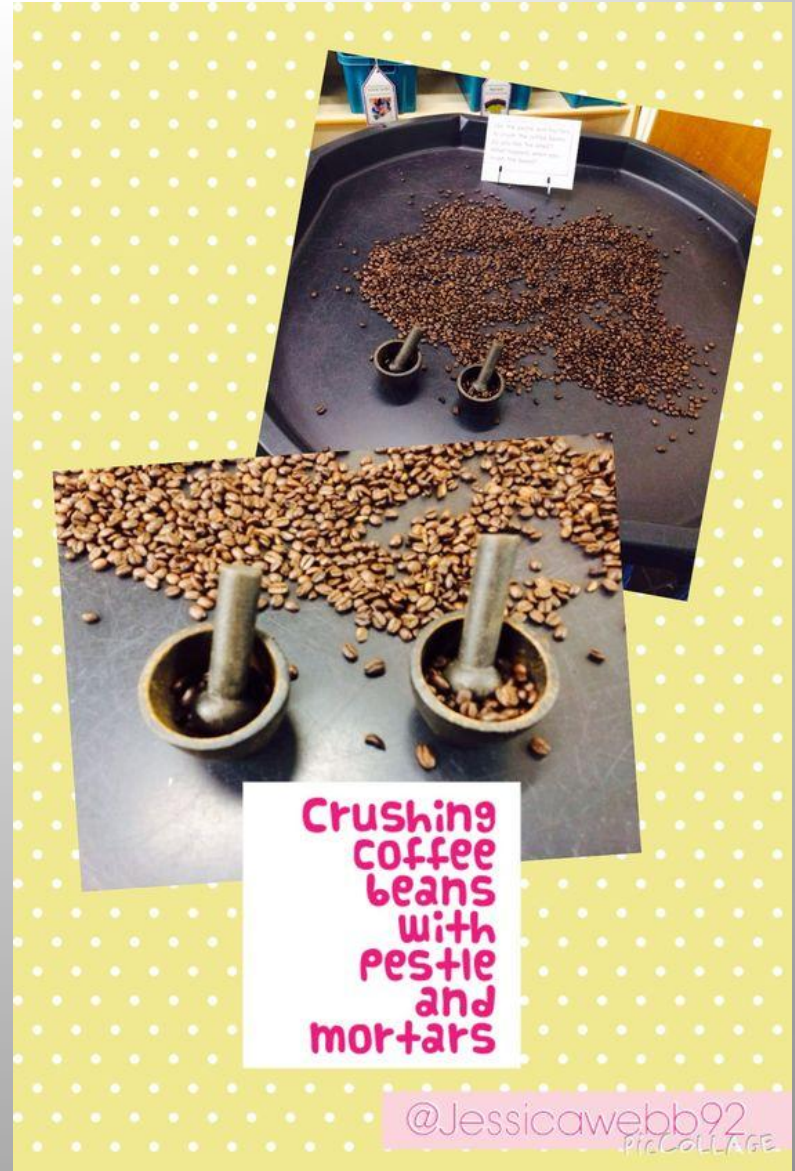


SCOOP & TRANSFER

a fun little toddler activity







Stabilise

- Ability to hold one object whilst manipulating the other hand, such as unscrewing a lid.
- The helper hand holds the object, ie a jar and the worker hand moves ie twisting the lid.



Ways to develop this strength:

- **Collection of pots and lids to screw/unscrew**
- **Large and small nuts and bolts**
- **Padlocks and keys**
- **Ripping strips of newspaper**



Match the keyring with the coin padlock.

Jessicawebb92
PICCOLLAGE

Busy fingers!



EYch



Rachel (")





matching
nuts, bolts
and washers



In-Hand Manipulation

- The ability to move and position objects within one hand without the assistance of the other hand.
- Children need lots of practice with items such as elastic bands and pencils being able to move them in between their fingers.



Ways to develop this strength:

- **Roll marbles in one hand**
- **Place candles from one hand into a 'cake'**

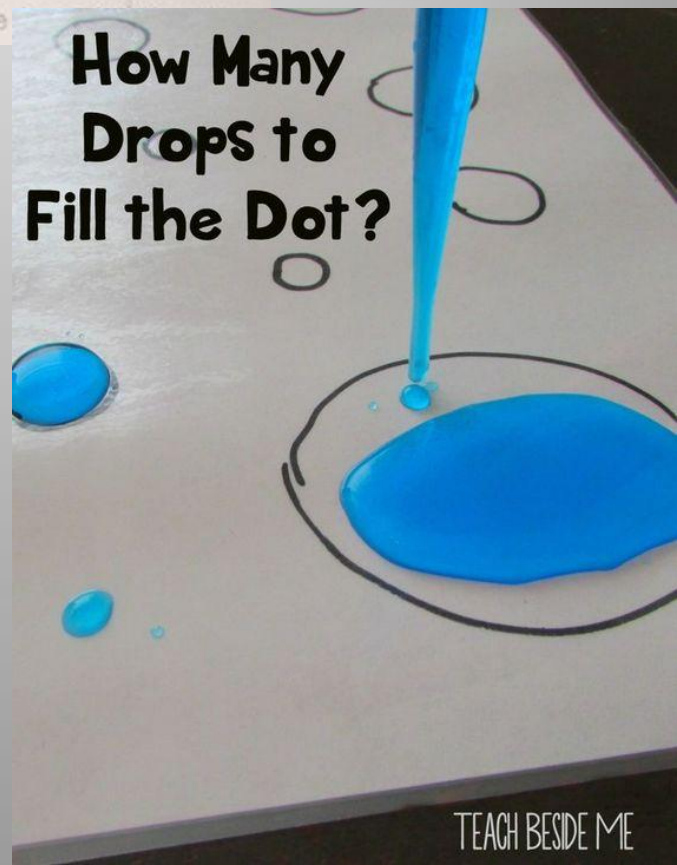
Fine Motor

Tube Challenge



laughing kids learn
where learning is made fun







finger gym - wrap a stick







TIE & UNTIE A KNOT
fine motor practice



Thumb Opposition

Ability to rotate the thumb so it can touch each fingertip of the same hand.

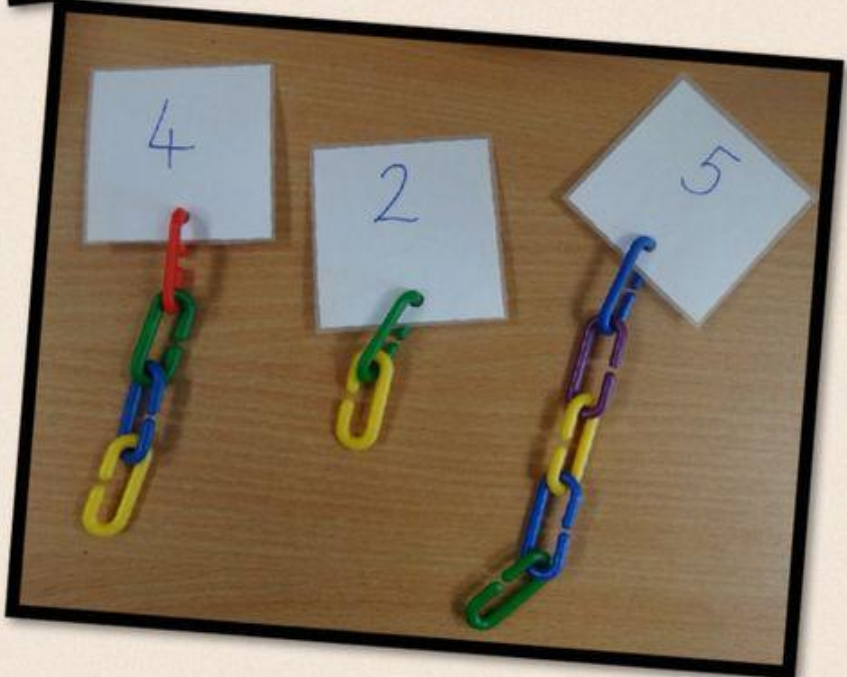


Ways to develop this strength:

- **Origami fortune teller on one hand**
- **Buttons on gloves**
- **Clicking fingers**



Rachel ("")

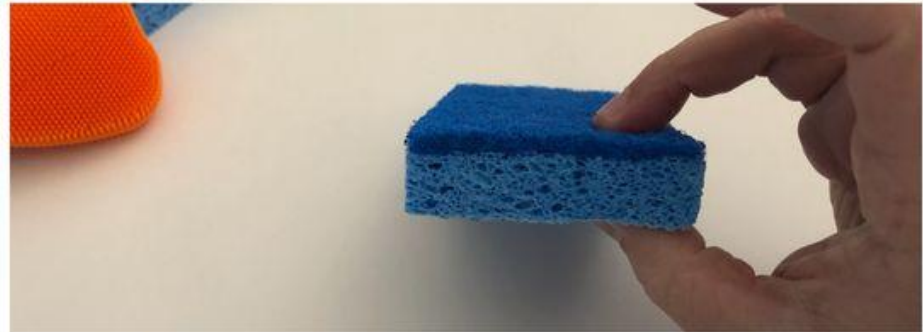
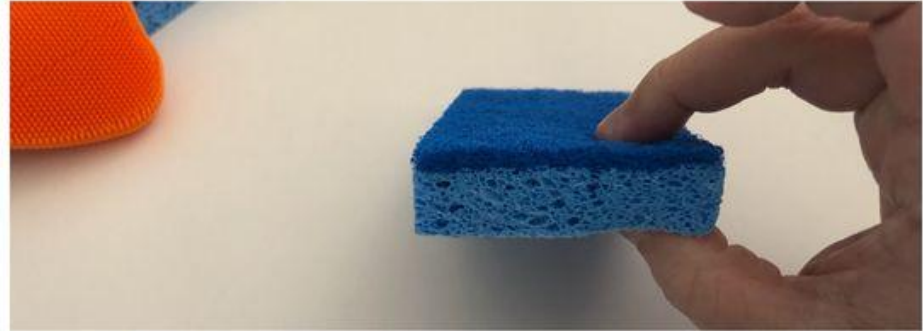
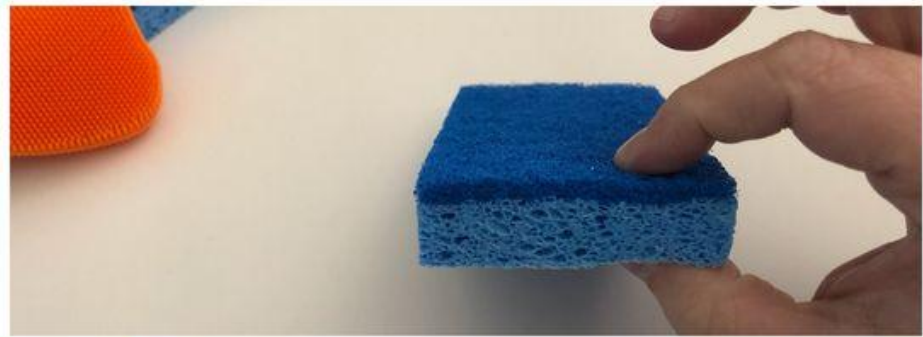


Happy Brown House



Pine Cone & Elastic Band *fine motor activity*







5 Little Bells Finger Play Gloves



Bilateral co-ordination

Ability to coordinate both sides of the body at the same time in a controlled way.

The body has to do two completely different movements on each side but at the same time, such as when cutting with scissors while holding and controlling the paper with the other hand.

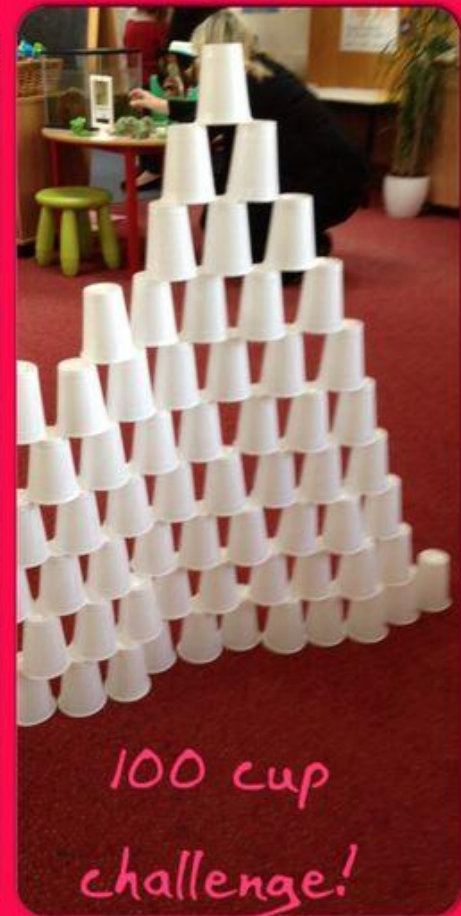


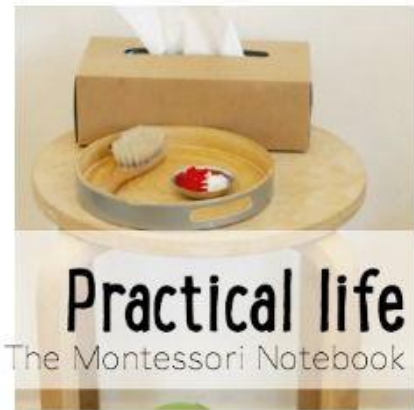
Ways to develop this strength:

- **Threading objects**
- **Using fastenings such as buttons and zips**
- **Wrap a twig with string**
- **Create a spiral pipe cleaner on finger**



THE VERY HUNGRY CATERPILLAR





Practical life

with The Montessori Notebook

(c) Wunschkind - Herzkind - Nervkind



Play 'n' Learn
www.playnlearn.org



Milking a Cow
FINE MOTOR ACTIVITY FOR KIDS

Zipper Board

www.laughingkidslearn.com



© Preschool Inspirations



Finger Isolation

Ability to move each finger one at a time.

Child will move all of their fingers together in a grasping motion.

Gradually learn to move the fingers individually.



Ways to develop this strength:

- **Pop individual bubble wrap bubbles**
- **Push paint/hair gel in ziploc bag**
- **Finger Twister**
- **Poking playdough**







**Popping
bubble
wrap
using
rolling
pins and
fingers!**

@Jessicawebb92
PieCollage





Finger dexterity exercise

SUGARAUNTS.COM



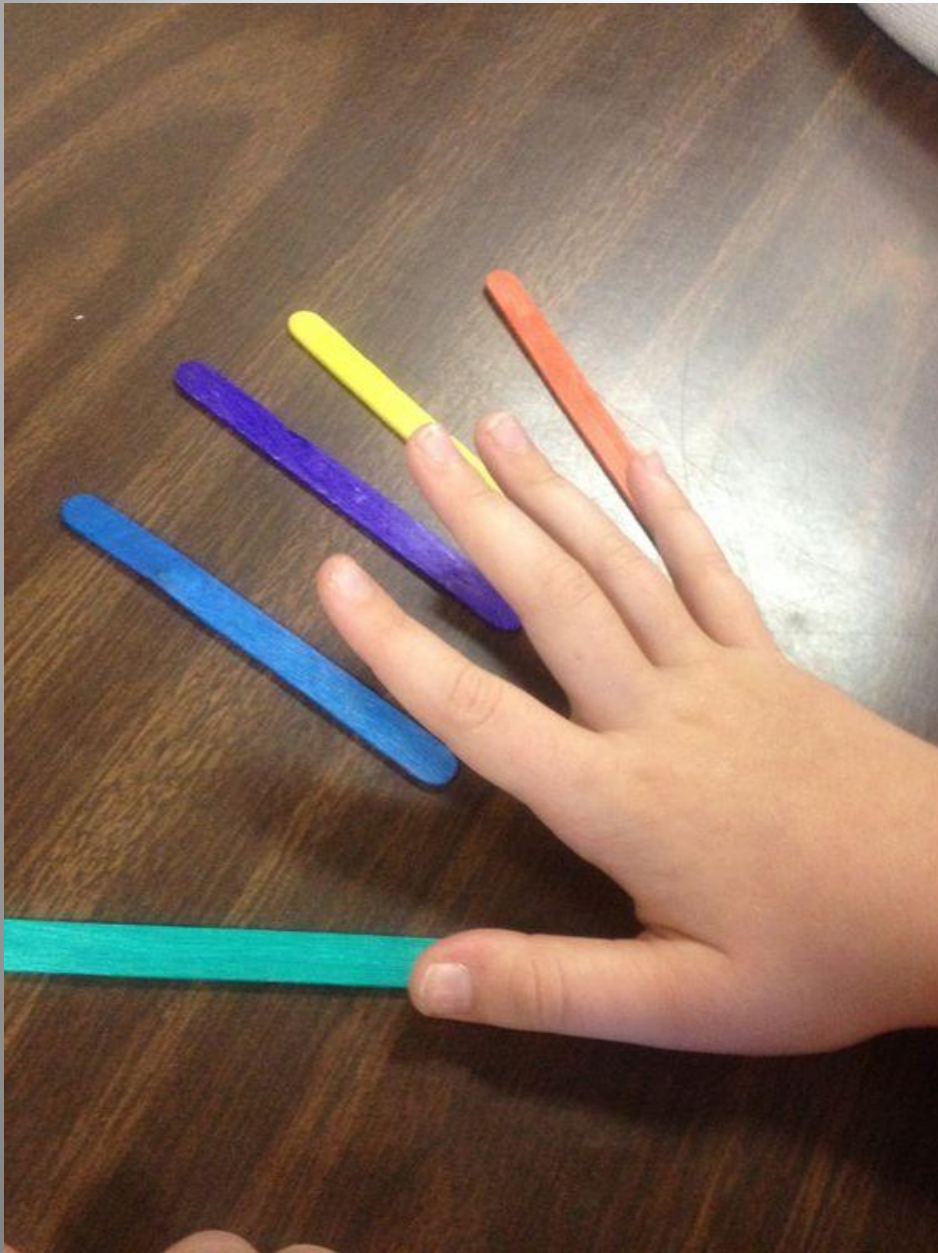
Free
Printable



Animal Finger Puppets



MotherNatured.com



Crossing the midline

Ability to reach across the middle side of the body, with arms or legs.

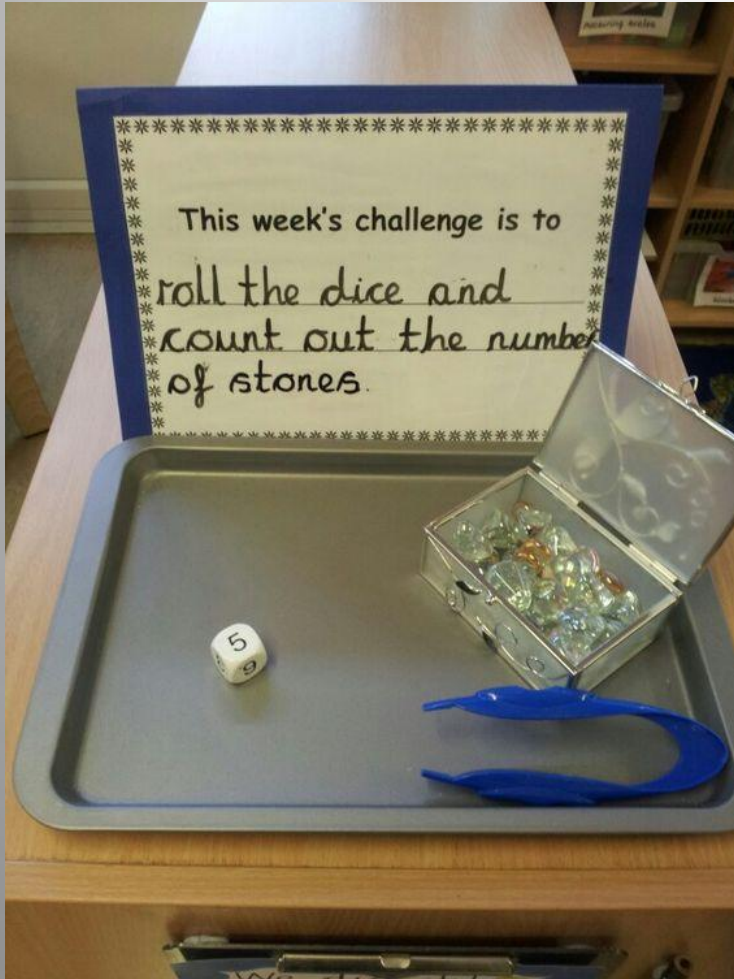
Enables children to draw a horizontal line across a page without swapping pen to other hand, or sit cross legged.

Required to develop connections between both sides of the brain.



Ways to develop this strength:

- **Move objects with a tweezer from one container to another**
- **Push marble through paint**
- **Tap opposing body parts**











www.GoldenReflectionsBlog.com



Dough disco!



Shonette Bason-Wood

You tube – provides a variety of clips for ideas

Dough Gym

- Give children plenty of space, so that they can move around.
- Remove the chairs, so that children develop their core muscle strength.
- Use some large gross motor arm movements, to work the upper body muscles, and develop balance and the awareness of the position of their bodies.
- Children will also be developing hand/eye coordination and their low load control.
- Children need to do lots of shoulder rotating and dough lifting exercises.
- Planned activities should involve the use of the shoulder pivot on both horizontal and vertical surfaces.
- Provide experiences within the continuous provision to enable children to practise and refine these skills such as reaching, stretching and using a circular motion of the shoulder joint.



1

Squeeze the playdough in your hand.



2

Make a sausage shape by rolling the playdough.



5

Pass your pancake from hand to hand, left to right then back again.



3

Squash the playdough flat into a pancake shape.



4

Pinch all around the edges using your thumb and fingers.



7

Roll the playdough into a ball in your hands or on a table.



ink saving Eco





Implementing Funky Fingers

- Share information with colleagues
- Collect resources
- Identify where and when Funky Fingers and Dough Disco will happen
- Identify children to focus on
- Initially assess these children
- Provide Funky Fingers and Dough Disco on a daily basis
- Re assess focus children each half term

Considerations

- Where is Funky Finger best placed within my setting?
- How can I fit Funky Fingers within my daily routine?
- Which children will benefit from this?
- How will I assess their Physical Development?
- What resources will I need? How will I organise these?
- Training requirements?

Additional Ideas:



Developing hand eye coordination and pincer grip by pushing cotton buds into colanders.



@Jessicawebb92
PicCollage

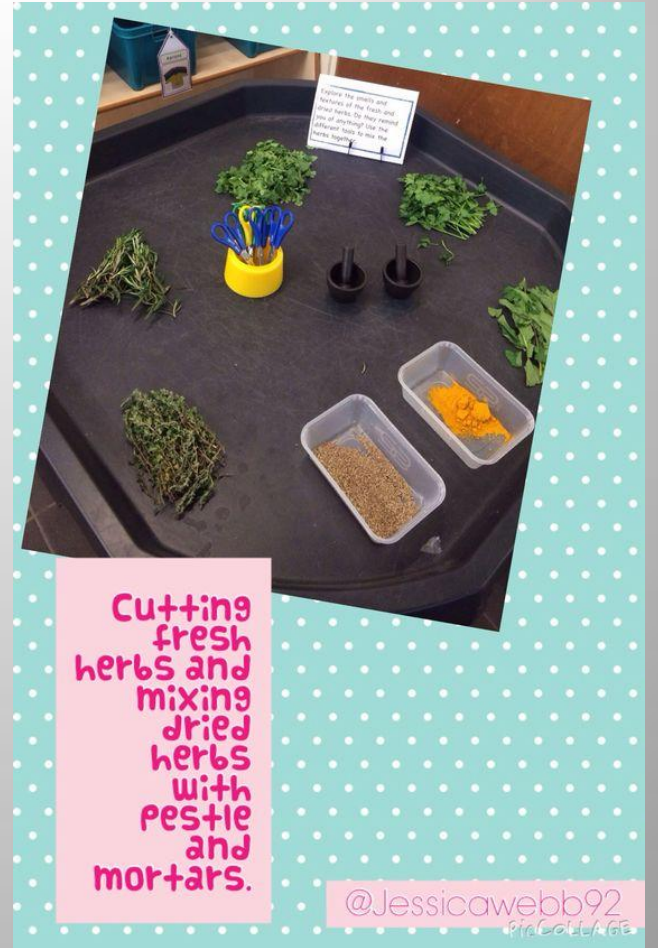
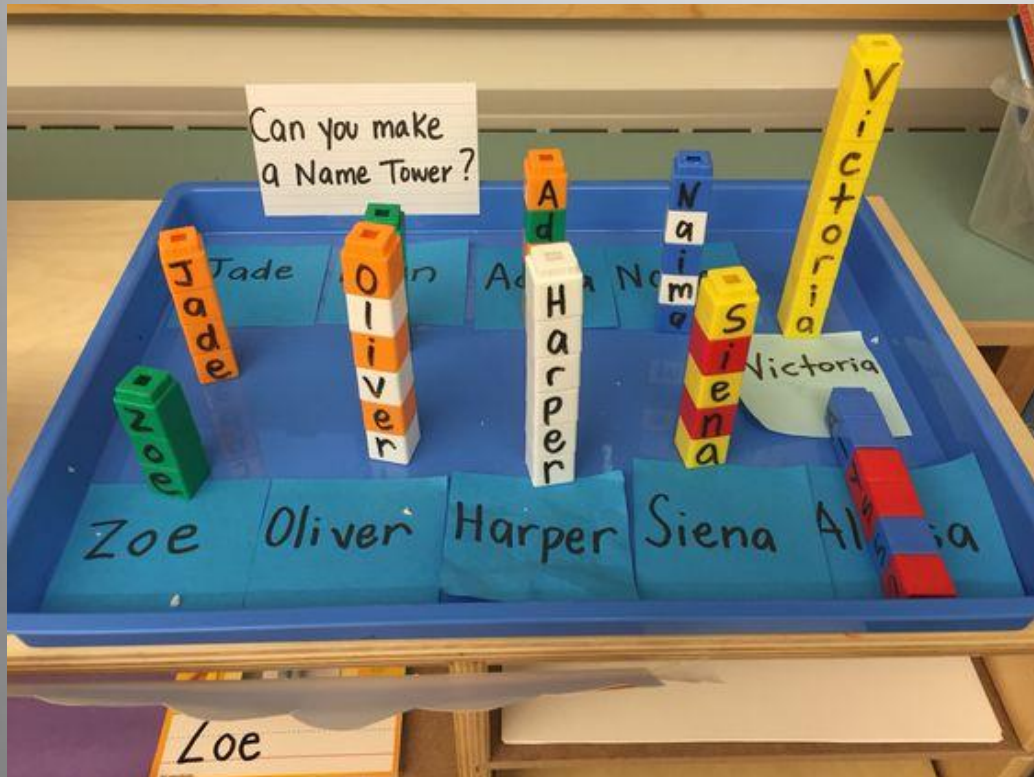


Developing scissors skills by cutting spaghetti and jelly cubes.

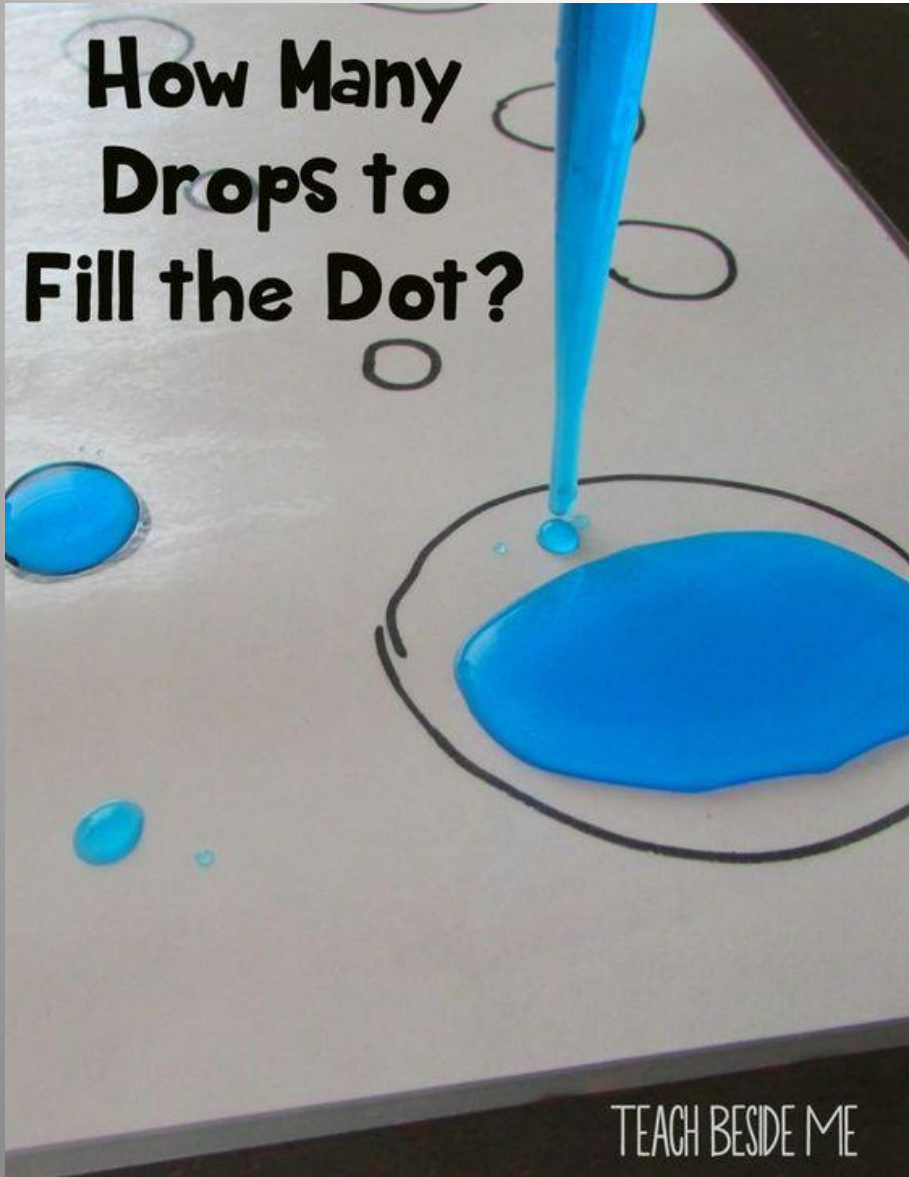
Jessicawebb92
PicCollage







How Many Drops to Fill the Dot?



TEACH BESIDE ME

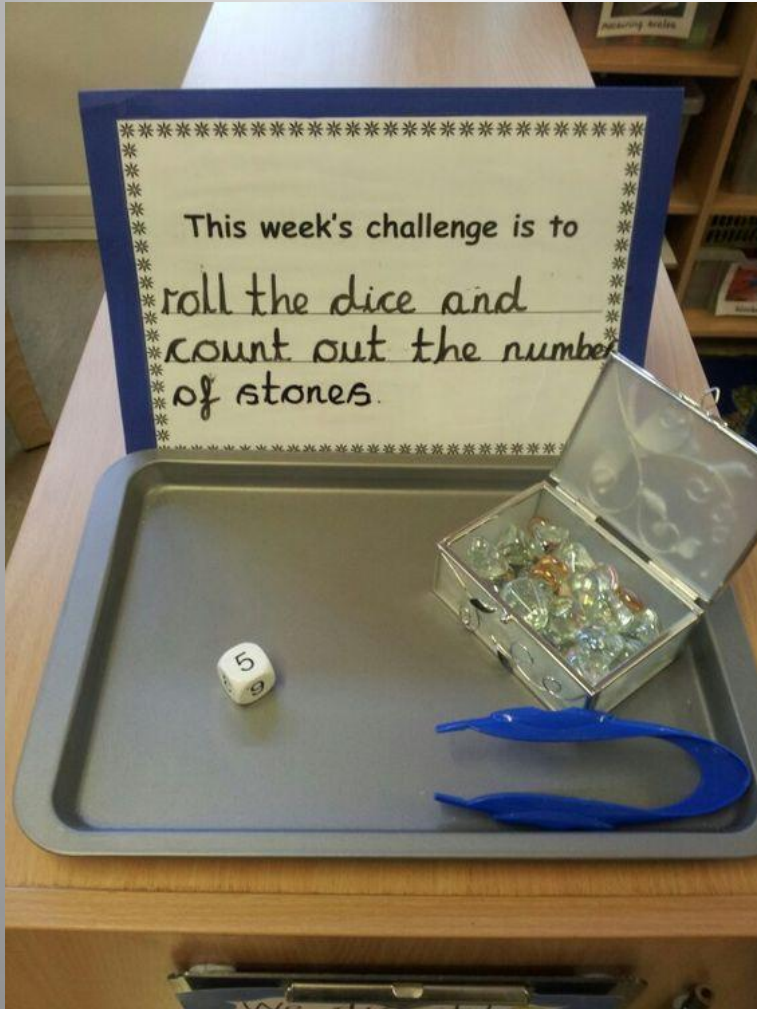


Making paper chains on the finger gym.

@Jessicawebb92
PICTCOLLAGE

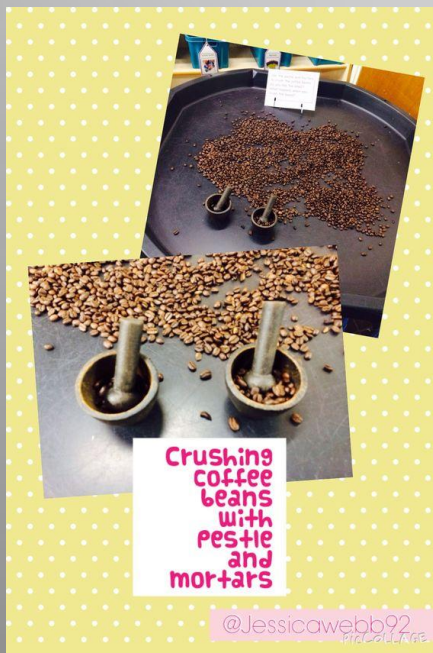














Montessori Practical Life Lesson Grating Soap





Living
Montessori
Now.com

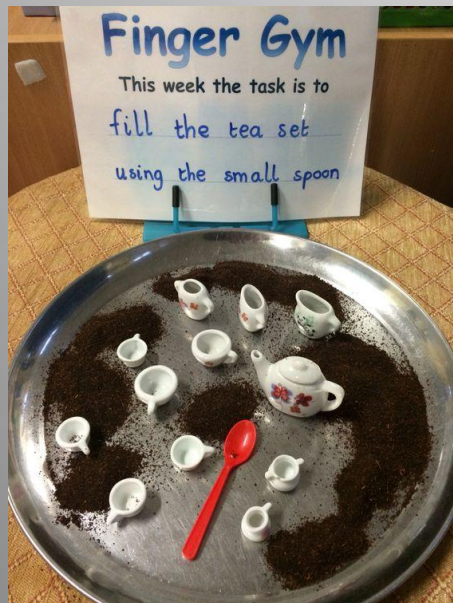




LOOP BOARD



GEO BOARD



Counting Fingers



@delideb1969



Finger Gym