

# ACACIA NURSERY HOME LEARNING

## Summer Term – Week 4 – Physical Development

### Playdough Disco

'Dough Disco' is a fun activity which combines the use of play dough with a series of hand and finger exercises designed to improve fine muscle control. The movements develop children's fine and gross motor dexterity, hand-eye coordination and self-esteem. The overall aim is to ultimately support children's hand writing skills.

<https://www.youtube.com/watch?v=DrBsNhwzgc>



### Threading to Help Develop Fine Motor Skills and Hand-Eye Coordination

Use a colander and pipe cleaners to practise threading.

Put a piece of spaghetti or a skewer in some playdough and practise threading beads onto it. You could try and create repeating patterns too.



### Using Scissors

Use scissors to give toilet roll people different hair cuts. Can you cut tiny slits? Can you cut zig zags?

Use scissors to cut straws. You could stick the straws in playdough to keep them still. Once you have different lengths of pieces of straw you could try and put them in length order?

Using scissors helps to develop the muscles in your child's hand that they need for writing. Being able to use scissors confidently and safely is also an important skill to learn.