

# Children's fingers, hands and feet



Children need a good sense of rhythm if they are to succeed in reading and writing activities, so we need to strengthen the fine motor muscles of hands, feet, wrists, and ankles. Using both hands to trace, draw, paint, clap, and slap will reinforce the learning. Singing and chanting words, stamping, hopping and jumping will also help memory recall.

## Using finger games in free play

- Sing some number/finger songs and rhymes develop number awareness and fine motor control.
- Record some finger rhymes and offer a tape player.
- Any activity with little pieces or items will help with finger movement and control. Like puzzles, pegs, paper clips, coins. Thread beads, use feely bags, pick up small objects.
- Walking along lines, balancing, jumping, climbing, and hopping.

## Numbers as labels and for counting

- Make finger and hand prints with stamp pads or paint.
- Play quick games of 'Show four fingers', 'Show three fingers'.
- Say the number or hold up a number card.
- Songs like 2 Little Dicky Birds, 5 Little Frogs, 5 Fat Sausages, 10 Green bottles, holding up the right number of fingers.
- Use fingers to walk along number lines and up number ladders.
- Clap and count to rhymes and songs, clap your name.



## Calculating (adding/ taking away)

- Play "Hold up one finger, hold up one more," "Hold up four fingers, now one less."
- Walk fingers up and down number lines, one more, and one less.
- Put dry pasta shapes in a bag-"Take one more than 5" "Take one less than 3"
- Play "Echo"-clapping, drumming, slapping, and stamping a number and children clap back one more or one less.
- Use number cards. Turn over two at a time and clap the total.



## Shapes, space, and measure

- Use fingers to draw numbers, shapes in the air or on the floor.
- Try a blindfold then feel small objects, other children's faces, shapes or plastic numbers, and guess what or who they are.
- Make repeating sound patterns with slaps, claps, jumps and other music.

