



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



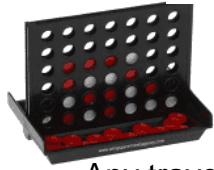
Therapi Galwedigaethol Plant
Canolfan Iechyd Plant Wrexham
Ffordd Croesnewydd, Wrexham LL13 7TD

Children's Occupational Therapy
Wrexham Child Health Centre,
Croesnewydd Road, Wrexham LL13 7TD

Fine Motor Skills for Older Children

Construction

- Meccano,
- modelling kits, start with something simple and progress to more difficult games
- 3D Puzzles



Games

- Any travel games are great as they tend to have smaller pieces. Battle ship and connect 4 are ideal.
- Downfall
- Thumb war game
- Subbuteo / table top football games – flick the ball with your fingers.
- Card Games
- Water fights



Music

- Drumming session (including finger drumming)
- Keyboard
- Guitar



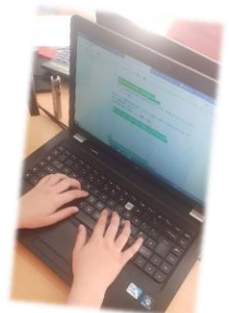
Creative

- Putty programme
- Finger knitting
- Jewellery – Threading necklaces/ bracelets
- Hama Beads.
- Origami
- Making paper aeroplanes.
- Chaining paper clips together.
- Applying make-up and nail varnish or elaborate hairstyling.
- Using ruler/stencils
- Drawing/colouring
- Paining
- Modelling clay
- 3D creations



Activities around the house

- Open jars
- Open packets of sweets
- Peel fruit
- Peel lids off things like yoghurts
- Hang washing on line
- Cooking/ baking
- DIY – using screwdriver/ hammering
- Keyboard/Typing skills



Almost anything that works fingers and hands together!