

Activity		Fine manipulative skills – Cutting practice	
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Your child may access different levels depending on the activity as well as their ability.	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)	
Saplings			
Trees			

Brief description of Activity

Practicing fine motor skills are really important for everyday tasks such as eating, holding objects, dressing and undressing as well as successfully holding and using pens and pencils. We have a few ideas and resources to practice fine manipulative skills using scissors.

Resources needed

- Paper, scissors.
- Tweezers or tongs.
- Old cards or magazines to cut up

Activity – Seeds



Younger children can begin by playing with hand puppets, as the opening and closing of the puppets mouth introduces them to the hand movement of opening and closing the fingers and thumb. You could make these out of an old sock if you don't have any at home.

They can also practice squeezing activities such as using play tweezers to pick up finger foods like raisins. If you don't have any tweezers you could try using cooking tongs, pegs or using chopsticks with an elastic band around the top. Depending on the size of your tweezers and the ability of your child, you can alter what you are attempting to pick up to make it easier or harder. Transferring items from one container to another will make it more interesting. If this is too tricky try transferring the items from one container to another on a spoon, again reducing the size of spoon/item will make it harder.



Ripping paper activities are fun and useful. Grasping the top of a paper strip with both hands and moving the hands in opposite directions to rip it will help your child with the midline hand position and wrist movements used in cutting.

Squeezy scissors are often a good starting place for many children as they encourage the correct hand position (thumb up) and only a squeeze is needed to cut before they automatically open again.

Thicker paper or thin card is a good choice as it is easier to cut than thin paper.

Start with snipping activities. Give your child smaller bits of paper and encourage them to snip them into even smaller bits. The bits can then be stuck onto a piece of paper as a collage if wished and to help with the pincer grasp.

Activity – Saplings and Trees

Try cutting a piece of paper in half. Draw a straight line and demonstrate cutting slowly along it. Encourage your child to do the same, staying on the line. Emphasise that it doesn't matter how slowly they cut but to just try to stay on the line.

Practice changing direction. Show your child how to cut a straight line until you are near the edge of the paper, stop, turn the scissors and adjust the paper, and carry on cutting.

Practice cutting a curved line such as a semi circle. Your child will have to keep slowly adjusting the position of the scissors and paper to be able to cut along the curve.

Cutting out a full circle. Help your child to draw around a something circular. To cut out the circle your child will need to continuously move the piece of paper with their other hand so it is a tricky skill. Draw faces on the circles you have cut out.

Cutting combinations of straight and curved lines. Draw some differing shapes or draw around different objects for your child to cut out. Alternatively use pictures you have printed or old greeting cards. Make a collage with your cuttings.

If your child can cut out strips of paper you could make a paper chain from them, just staple or tape the ends together.



When competent with cutting your child could help you cut open food packages such as pasta or frozen food bags using kitchen scissors. Thinking about the best way to do this first so the food doesn't all fall out and how the bag can be resealed afterwards are all good life skills too.

Attachments

Twinkl – cutting skills booklet

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

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