



Bal Bharati
PUBLIC SCHOOL
ROHINI

Namaskar

Dear Parents

Gross and Fine Motor skills involve use of muscles that control legs, hand, fingers and thumb. They help children perform tasks like running, jumping, dancing, feeding themselves, grasping toys, buttoning and zipping clothes, writing drawing and more.

The most important thing we, as parents and teacher can do is to provide opportunities that are fun and interactive.

We'll share with you time to time some great activities to help build your child's fine motor skills that are fun and engaging.



ACTIVITY

- Give your child an old newspaper/unused sheets.
- Ask him/ her to tear the paper into pieces and crush the paper to make balls of different sizes.
- Place the bucket a few feet away so that your child can try and throw the balls in it.



Ask the child:-

- **How many balls did you make?**
- **How many balls were you able to put in the bucket ?**



Capture your little one Toss the Ball into a Basket for fun.

Record a Video of the flexed muscles and tender movements of your child. Then Choose the best shot, also a small video record.

Share both Snapshot and Video Memory of how your Child's mind and body developed playfully, on class whats app group.