

Fine and gross motor skills in activities of daily living

There are many activities of daily living that we participate in that require us to use our fine motor skills. These activities are often the best activities to get children involved in as they are functional activities that are naturally part of life. They can also be activities that happen every day and therefore provides an opportunity for consistent practice.

Activity	Skills Addressed	Additional
Sorting socks	<ul style="list-style-type: none"> ● Visual discrimination and scanning (finding matching pairs) ● Hand dexterity (folding socks) 	
Hanging laundry using pegs	<ul style="list-style-type: none"> ● Great for shoulder strength and stability (having to reach up) ● Finger coordination and strength (opening and closing pegs) ● Bilateral control (being able to coordinate hanging the item of clothing and pegging) 	Placing clothes on a hanger before hanging them is a good way to practice bilateral skills and finger manipulation skills
Unpacking the cutlery in the dishwasher	<ul style="list-style-type: none"> ● Visual discrimination (sorting the different types of cutlery) ● Finger manipulation (pulling cutlery out of the bucket) 	
Washing and drying dishes or cutlery	<ul style="list-style-type: none"> ● Bilateral coordination (using both hands at once, one to hold item and the other to dry/wash) ● In hand manipulation (turning items using whole hand and fingers to turn cutlery in order to dry whole item) 	
Watering plants with a watering can	<ul style="list-style-type: none"> ● Gross motor strength in upper limb ● Hand strength and wrist control to position and hold the watering can 	Depending on the level of strength your child has, this activity can be made easier or harder by the total volume of water placed in watering can.
Watering plants with spray bottle	<ul style="list-style-type: none"> ● Hand and finger strength for squeezing ● Wrist stabilisation for keeping the bottle at the right angle 	As your child becomes more confident with this activity, encourage them to use their non dominant hand.
Helping to carry in groceries	<ul style="list-style-type: none"> ● Upper limb strengthening ● Shoulder strength 	
Sweeping, Vacuuming or mopping floors	<ul style="list-style-type: none"> ● Bilateral control (using both hands at the same time) ● Shoulder strength (pushing and pulling to mop/sweep/vacuum) 	Change the difficulty of this activity by setting a time limit or room limit on the vacuuming. Also, it requires more strength to vacuum on a flooring with increased resistance such as carpet.