

## Fine Motor Skills: Hands and Feet

It may seem odd to some people that feet are included here — but Extra Lesson teachers (remedial Waldorf teachers) hold great stock in the importance of 'getting a child into his feet'.

Personally, I am all for a child spending a lot of time barefoot — a huge proviso is that it is warm enough for this! Bare feet provide a lot of sensory information for a growing body and it seems to me a great pity if this is never allowed to be available to a child. Of course, if you live in a big city, there might be limited opportunities for bare feet — so make sure there are interesting textures and surfaces for little feet in your home!

(all ages) Sorting — buttons, pebbles, shiny crystals

(6+) Filling a pepper grinder one peppercorn at a time

(4+) Paint a face on each finger or 'dress' each finger up with a hat, cloak or finger puppet. If your child is too sensitive for this, show him how to do shadow puppets against a wall.

(6½+) Trace letters and form drawings with dominant foot in sand or mud

(6½+) Tape paper to the floor, hold crayon with toes and write! Draw spirals inward and outward.

(8+) Fill a basket with objects such as: large marble, eraser, spoon, spool of thread, sponge, small wooden figure, candle, small block, bean bag, feather ... and use one bare foot to empty the basket, one item at a time and then use the other foot to pick up the objects, one at a time, and refill the basket. (This can be a really fun relay race) Use a variety of objects — smooth, hard, soft, ticklish, flat, bumpy, etc.

(9+) Blindfold your child and have him identify objects, one foot at a time — flashlight, roll of masking tape, pin cushion, frying pan, dolls ("Yes, it's a doll but which one?")

(6+) Make paper airplanes

(8+) Origami — get a good book which starts with fairly simple designs and see how far you get.

Older children can make friendship bracelets, various sailors' and other useful knots. They can also use a Native American bead loom and make jewelry.