

Motor Skills Resource Sheets

Early Years Support & Assessment Team (EYSAT)

Activities to support the development of shoulder stability

For the hands to be able to manipulate objects all parts of the arm must develop stability starting with the shoulder complex.

To promote symmetry in two sides of the upper body encourage the child to incorporate both hands and arms when performing the following activities that will help to strengthen the shoulder and give it stability.

Engage in activities on a vertical surface, at shoulder height. This could be a chalkboard, easel, smart board, window, mirror or bathroom tiles. Vertically position peg boards, a magnetic tray or magnetic board by fastening to a wall.

Use fingers and/or mark making tools to draw, or use magnetic shapes or stickers.

Alternate hands and then use both hands together.

Foam on bathroom tiles is a fun thing to draw in at home. Give a large paint brush and a bucket of water to “paint” walls outside. Draw on a window with Windoline and let the child rub it off.

Press play dough onto a vertical surface and let the child press things like beads and coins into it.

Tape paper to the underside of a low table. The child can lie on his back under the table to draw.

Stand up to use play dough on a table. Flatten the dough with the palm of the hand or a rolling pin. Hands should be open on the rolling pin rather than holding the handles.

Donkey kicks. While on all 4's (both facing the floor and facing upward) shift weight forwards onto palms and kick legs behind or to the side.

Play crawling and slithering games.

Use a foam bat to hit a ball suspended at shoulder height.

Do cooking activities that require pouring and stirring.

Let the child clean tables using a cloth and rubbing hard. Using a trigger action spray bottle will also develop hand strength.