

Ten Little Fingers

Fine Motor

Infant-Toddler

The children in this book explore how their hands and fingers move. As you read, encourage children to join in and playfully celebrate the different things their fingers can do.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

MOVE



Children will:

- ◆ Use various hand actions
- ◆ Mimic fine motor movements

Teachers will:

- ◆ Narrate fine motor actions
- ◆ Promote child autonomy

TEACHING TIP

As infants grow, they increasingly use their hands and small muscles to explore the world around them. Using their hands to grasp objects or perform simple tasks develops hand-eye coordination and muscle control and strength. As they approach toddler age, children begin to use their hands for more specific goals (e.g., waving, opening drawers, holding tools). Give children plenty of chances to learn how their hands and small muscles move and work and try to give them space to make these attempts without your help.

1. INTRODUCE

- ◆ “Hold up your hands! How many fingers do you have? I have 10 fingers. Can you wiggle your fingers fast? What about slow? Today we’re going to read *Ten Little Fingers*, and we’ll move our hands and fingers all around!”

2. READ THE BOOK

- ◆ Pause occasionally to narrate the fine motor skills shown in the book.
- ◆ Promote child autonomy by encouraging children to mimic the fine motor skills on their own.

Promote Child Autonomy

Read: “...or open them wide”

Encourage: “Can you try to shut your fingers up tight? Try squeezing them all together, it makes a fist (*model making a fist*). Now can you open them up and spread them out wide?”

Read: “...or make them all hide”

Narrate: “This child is clapping their hands together, and this one is holding them still behind their back.”

Encourage: “Let’s all clap together! Hit both hands together like this (*model clapping*).”

Read: “I can fold them quietly...”

Narrate: “The child here has their fingers all touching each other. Their fingers are all together in their lap.”

Encourage: “Can you fold your fingers together? Try to put your fingers in between each other, or on top of each other (*model folding fingers together*). That’s tricky, that takes some practice!”

3. REVIEW

- ◆ “You explored how your hands and fingers can move, just like the children in the book. You can do so much all by yourself. You showed me how your muscles work!”

4. KEEP IT GOING

- ◆ Encourage children to move their hands and fingers independently when trying out a fine motor action (e.g., “Try holding the paintbrush using all your fingers. How will you keep it steady?”). When modeling for children, narrate what you’re doing and then give children the time and space to try it out on their own. Look for opportunities to encourage fine muscle control and coordination during all Parts of the Day.