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## Five Activities to Improve and Develop Scissor Skills

### INSTRUCTIONS

This handout was designed for use with the article, “5 Activities to Improve and Develop Scissor Skills,” from the Neurological and Physical Abilitation (NAPA) Center. The questions and activities in this handout could be used in a work session (e.g., professional learning community, professional development session), for individual coaching, or for self-reflection.

### Goals

- ◆ Discuss the importance of scissor cutting activities in developing toddler’s fine motor skills.
- ◆ Identify developmentally appropriate scissor cutting practices that will improve fine motor skills.
- ◆ Plan cutting activities for young children in learning environments designed to meet their individual needs.

### Activity

- ◆ Read the article.
- ◆ Use the questions below to reflect on how you can support children’s fine motor skills through scissor cutting.
- ◆ Implement your plan to and adjust as needed to support children’s fine motor skills.

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**Learning to cut with scissors helps to build hand strength, develop hand-eye coordination, improve bilateral coordination, and improve attention to tasks.**

**Chelsea Lucaroni**

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## REFLECTION QUESTIONS

- ◆ What caught your attention from the article? What made that fact, excerpt, or example meaningful to you?
  
- ◆ In conjunction with fine motor skills, children develop scissor skills at different developmental stages. Review the list of “Scissor Skills Development by Age.”
  - What are some other ways that young children may begin to demonstrate their readiness to use scissors? For example, picking up or holding objects, pinching their fingers, or gripping toys.
  - What are some reasons some young children may need more support to develop these skills?
  
- ◆ Young children are often at varying stages of developing fine motor skills. At two, some children may already be using scissors, while others may develop this skill later. They may also demonstrate different skills at home. Reflect on recent observations of each child in your care.
  - As you consider each child’s individual abilities and needs, what are their fine motor skill strengths? What adaptations can you make to support children’s individual needs as they develop their fine motor skills?
  - Are there any patterns or trends across children’s strengths or needs? Consider observing any similarities as well.
  - What are families noticing and sharing about their children’s fine motor skills?
    - If families haven’t shared anything specific to fine motor skills, this could be an opportunity to invite them to share their observations or concerns with you.
  
- ◆ The article highlights five engaging activities that can help children build their fine motor skills to use scissors. These include activities with and without scissors. Reflect on the children in your care and their level of comfortability with scissors.
  - Of the activities listed, which ones are you currently implementing with children in your care? How do you intentionally support children’s development of fine motor skills while engaging in these activities?
    - What adaptations to these activities can you make to support each child’s individual needs?
  - Which of these activities would you like to try with children? How can you be intentional about meeting each child’s needs while supporting fine motor skills during the activity?
    - Consider your daily schedule. When throughout the day can you encourage children to practice their fine motor skills with this new activity?
    - What additional support or resources (e.g., manipulatives, tools, craft supplies) would you need to implement this new activity successfully? How will you go about getting those?

## ADDITIONAL RESOURCES

Learn more about supporting infant and toddlers' gross motor skills:

- ◆ **Source:** Beelieve Pediatric Therapy
- ◆ **Blog:** OT's Guide to Scissor Skills
- ◆ **Link:** <https://www.beelivepediatrictherapy.com/post/ot-s-guide-to-scissor-skills>
- ◆ **Description:** This article details the developmental progressions that occur with using scissors and the importance of building the skills that go along with it.
  
- ◆ **Source:** National Health Service Greater Glasgow and Clyde
- ◆ **Information Sheet:** Scissor Skills
- ◆ **Link:** <https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/scissor-skills/>
- ◆ **Description:** This information sheet shares how to support the use scissors in several ways, from the correct grasp to activities that promote fine motor development.