

Developmental skill series

# Playing with cards...

## To develop fine motor control and dexterity

Playing cards is not only a great way to engage in a social game with children, it is also a wonderful way to encourage and develop a range of developmental skills including, but not limited to:

- Fine motor skills - working the smaller muscles of the hands and fingers
- Coordination of two hands as they work cooperatively to develop bilateral skills
- Visual scanning - as children look through their cards to find the ones they need

### Some motor skill areas which are addressed when playing with cards:

- Shuffling
  - Encourages bilateral coordination / motor planning / control across the palm of the hand
- Dealing
  - Encourages bilateral coordination / control of the thumb and index finger together / opposition of fingers / control across the thumb-web space (between the index finger and thumb)
- Holding cards in the hand
  - Encourages control over finger placement, motor planning and working with two hands together

### Card games can assist in the development of learning areas including:

- Turn taking
- Communication
  - Some games involve asking your opponent for certain cards
- Perception
  - You need to be able to see and interpret the difference between the cards you have in your hand

- Memory
  - Flipping cards for the classic memory game is an obvious skill
- Planning and strategy
  - Thinking ahead, recalling rules
- Numeracy
  - Matching card numbers or adding up at the end of a game
- Literacy
  - with some commercially available card games

### Games to try:

- Snap
- Go fish
- Old Maid
- Solitaire (not on the tablet or computer!)
- Donkey
- Frustration

### Commercially available card games which we like:

- Rat a tat cat
- Zeus on the Loose
- Sleeping Queens
- Uno
- "I have a...."

And many more....



This resources series is brought to you by Magnetic Moves. We develop and supply tools, practical information and workshops to aid parents, teachers and carers with interest in Sensory Processing Disorders in pre-school and school aged children.

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