

BEGINNER'S DRUMMING GUIDE FOR FINE MOTOR SKILLS

Fun & Focused Activities with Drumsticks

For kids who want to build coordination, control, and confidence

WHO IS THIS FOR?

This guide is for kids who are great at moving and playing but find it trickier to control small hand movements—like writing, drawing, or doing up buttons. These short, playful exercises use rhythm to **improve fine motor skills**, focus, and coordination.

WHAT YOU'LL NEED

- A pair of **drumsticks** (wood or rubber tips are fine)
- A **drum pad**, cushion, or even a book or table
- A **timer or metronome** (free phone apps work great)
- 5–10 minutes of playtime, most days

GOALS

- Improve **finger control** and grip strength
- Build **left/right hand coordination**
- Develop **focus, timing, and rhythm**
- Make progress feel like **play**, not pressure

BEFORE YOU START

- Sit comfortably at a table or drum pad
- Hold the drumsticks like pencils—**loose but in control**
- Go slow—it's not about speed, it's about **control and fun**

WHY IT WORKS

Drumming builds **fine motor control**, **bilateral coordination**, and **attention**—all through rhythm and movement. For kids with dyspraxia or ADHD, this approach often feels more **natural and enjoyable** than traditional fine motor exercises. It turns progress into **play**.

5 FUN STICK EXERCISES TO TRY

1. Tap & Count (*Focus + Finger Control*)

- Tap the right stick once: "1"
- Tap the left stick once: "2"
- Alternate slowly: "1, 2, 1, 2..."
- Try with **eyes closed** or naming animals as you go!

2. The Stick Walk (*Grip Strength + Dexterity*)

- Hold one stick upright
- Use your fingers to "walk" **up and down** the stick
- No arm movement—just fingers
- Make it a **slow race** with the other hand!

3. Double Trouble (*Hand Independence*)

- Tap both sticks together: "Boom!"
- Then tap **right only**, then **left only**
- Try this pattern: Boom – Right – Left – Boom – Right – Left
- Use a **metronome** at 60 bpm to stay in time

4. Table Tennis (*Timing + Alternation*)

- Alternate tapping left/right
- 4 slow taps: 1 – 2 – 3 – 4
- Then 4 fast taps: 1–2–3–4
- Say it aloud: "slow–slow–slow–slow / fast–fast–fast–fast"

5. Stick Shapes (*Creativity + Control*)

- Tap in the shape of letters: C, O, M
- Try shapes: triangle, zig-zag, circle
- Use one hand at a time, then try both
- Great warm-up for **writing muscles**!

Tips for Parents/Carers

- Keep it **light and playful**—no pressure
- Celebrate **effort**, not perfection
- Let them **drum along to songs** they love
- If attention drifts, no problem—just come back to it later