

FM-3-EHC

Fine Motor Eye-Hand Coordination

- String foam beads, cut up straw pieces, O's cereal or other objects onto pipe cleaner purchased from craft stores.
- Using child-safe scissors, have your child snip across narrow strips of paper (1/2-3/4" wide). Glue paper its on colored paper to make a picture.
- Draw and color with markers, crayons, pencils, and paints.
- Use colored bingo markers to create colorful dot designs.
- Play with lacing cards or sewing cards. These cards can be purchased or made from cardboard with pictures pasted on, and then holes punched. Lace with yarn or shoelaces.
- Insert golf tees into clean styrofoam food trays. Have your child follow a design made with marker or create a new design. This is a great way to practice learning letters.
- Play a balloon game. Count how many times your child can hit the balloon into the air or to another person before the balloon touches the floor.
- Play a finger tracing game with your child, using the pointer finger to trace shapes and letters in books and on objects around the house.
- Have your child string large macaroni tubes or "wagon wheels" on a shoelace or piece of yarn. Also try threading pieces of cut up straws.
- Have your child "drive" a toy car along a tape road on the floor. Make the roads straight, zigzag, or curved.
- Dribble glue in a design or squiggly pattern and carefully place or drop glitter, paper scraps, beans, etc. to make a colorful picture.
- Pop bubbles in the air by poking them with a finger.
- Try house painting. Have your child "paint" strokes on the sidewalk, patio, fence, or side of house using a large brush and a bucket of water. Encourage your child to make consecutive vertical strokes to cover a given area.
- Try drawing on the sidewalk with sidewalk chalk. The chalk easily washes off with water or can be squirted away with a small spray bottle.

FM-3-P&D

Fine Motor Prehension and Dexterity

- Place toothpicks, pipe cleaners or dry spaghetti noodles into the holes of an overturned colander
- Encourage your child to sew lacing cards or sewing cards. They can be purchased or made from cardboard with pictures pasted on and holes punched. These pictures can then be laced using yarn or shoelaces.
- Let your child play with toys that wind up, from example toy radios or music boxes and wind-up walking toys. Try toys with different sized knobs. Smaller knobs may be more difficult.
- Play with construction toys such as Tinker Toys, Duplos, Legos.
- Encourage your child to draw simple pictures. Also try tracing over a thick line drawn on a piece of paper. Large sized crayons or washable markers will be easier to hold at first than thinner ones.
- Have your child pick up pennies one by one and put them into a piggy bank slot. You can also place poker chips or buttons in a lidded container with a slot cut in the top.
- Use large tweezers or mini tongs to pick up small objects and release them into an open container. Small beads, Styrofoam pellets, O's cereal and raisins are good choices.
- Beginning scissor skills (with child-safe scissors) can be introduced at this time. Have your child snip construction or heavy paper. Roll playdough or modeling clay into logs. Snip the logs into smaller pieces.





➤ During outside water play or in the bathtub, have your child squirt water with a squirt toy or water-filled spray bottle.

FM-3-S

Fine Motor Strength

➤ Have your child press playdough into a large plastic lid and pat it smooth. Your child can draw a picture with a popsicle stick. Rub the clay smooth and draw again.

➤ Encourage your child to twist, turn, pinch and pull apart modeling clay, playdough, Silly Putty, or therapy putty.

➤ Use mini tongs to pick up small object and place in containers.

➤ Try to place spring-type clothespins onto the edge of a box, plastic lid, or piece of cardboard.

➤ Have your child ring out wet washcloths or sponges when bathing or playing with water. Your child can try squeezing out water using each hand alone and then with both hands together.

➤ Fill a small squirt bottle with water and squirt at soap or shaving cream in the bathtub, or outside to wash off sidewalk chalk or to water plants.

➤ Push small toys or trucks through wet sand or use a toy shovel to dig in wet sand in the sand box.

➤ Let your child help with some simple cooking activities while you supervise. Assist with stirring batter with a wooden spoon or use a rolling pin to roll out dough.

FM-3-BC

Fine Motor Bilateral Coordination

(Use of both hands together)

- Have your child practice buttoning, zipping, snapping and lacing on a dressing doll or with large dress-up clothes.
- Play with toys that fit together such as Bristle Blocks, Tinker Toys, Legos, or Mr. Potato Head.
- Have your child practice twisting small containers open and closed (i.e., nesting barrels and plastic eggs).
- Practice screwing together large plastic nuts and bolts.
- Encourage your child to wring out a wet washcloth or sponge using both hands when bathing, washing dishes, or playing in water.
- Play with an Etch-A-Sketch making diagonal lines by turning the knobs with both hands at the same time.
- Play clapping or finger rhythm games such as “Itsy-itsy Spider” and “Wheels on the Bus.” Practice the games at slow, medium, and fast speeds.
- Try rhythm band instruments such as cymbals, sand blocks, rhythm sticks and drumming with both hands.
- Have your child hold an empty cardboard tube with one hand near each end. Place a small toy (ball, match box car) inside and make it roll from end to end without falling out.
- Tear paper into narrow strips. Progress from wide strips to narrow strips for greater challenge.
- Encourage your child to pop bubbles by clapping hands together or using both index fingers to pinch the bubble.

- String pieces of tube-like pasta onto a drinking straw. Or use aquarium tubing or string to thread pasta, cereal or wooden beads.

GM-3-B

Gross Motor Balance

- Have your child walk up and down stairs, alternating feet and without using the handrail. This may be accomplished by having your child carry a toy with both hands while climbing.



- Bounce around on a hoppity-hop ball.
- Hop like a bunny using two feet, then one foot. Practice hopping in place and moving forward. Remember to alternate feet.
- Have your child kick a ball to you, taking turns with each foot. Gradually move farther away from your child.
- Press foot down on Stomp Rocket toy to blast it in the air. Balance is needed while lifting foot to stomp.
- Draw small circles on the sidewalk in chalk. Have your child try to walk on tiptoes only in the circles.
- Pretend to be a frog and leap from lily pad to lily pad. Carpet squares make good lily pads.