

- Press foot down on Stomp Rocket toy to blast it in the air. The stronger the stomp, the higher the rocket goes.

FM-4-BC

Fine Motor Bilateral Coordination

(Use of both hands together)

- Use a rolling pin to flatten clay or Playdough.
- Wring out a washcloth or sponge when bathing or during water play.
- At an easel, use both arms to draw large circles at the same time.
- Copy clapping patterns using hands together, tapping knees, or a combination.
- Other types of musical instruments (e.g. cymbals, shakers, toy guitar etc.) require two hands and are a fun way to accompany music.





FM-4-EHC

Fine Motor Eye-Hand Coordination

- Let your child cut out pictures from a simple coloring book or magazine using child-safe scissors. Then glue them onto heavy paper to make a picture. This can then be cut into a simple puzzle.
- Copy pegboards or block designs.
- Complete dot-to-dot pictures, simple tracing designs, and other selections from preschool activity books.
- Many preschool computer software programs offer matching games and beginning sequencing which provide practice in eye-hand coordination.
- Use clean Styrofoam meat trays as a base to draw a letter, number or shape with a marker. Have your child push golf tees, round toothpicks, or pegs into the Styrofoam following the lines of the image. This is a fun way to learn to write letters, numbers, and shapes without paper and pencil.
- Roll playdough into logs and form into the shape of letters, numbers or shapes. Use a model of the desired letter, number or shape to place the playdough logs on or lay it nearby for your child to copy.



FM-4-P&D

Fine Motor Prehension and Dexterity

- Have your child cut out shapes and pictures using child-safe scissors.
- Play card games such as “Go Fish” or “UNO”.
- Play with construction toys such as Tinker Toys, magnet tiles, Legos, and Lincoln Logs.
- Sort various small objects such as paper clips, rubber bands, buttons, or coins into an empty egg carton or muffin pan.
- Watch your child form objects out of clay, or playdough.
- Help your child make a snack involving small ingredients such as placing raisins on peanut butter and celery or decorating frosted cookies with raisins, marshmallows, nuts or coconut.
- Collect a variety of nuts and bolts, and assist your child in assembling them.





FM-4-S

Fine Motor Strength

- Have your child place modeling clay onto the top of a large plastic lid and pat it smooth. Encourage your child to draw with a stick or pencil on the clay. Make a trail and draw through it again. Specific directions may be given to incorporate the learning of shapes, letters and numbers. Smooth the clay and draw again.
- Play with clay, Playdough, or therapy putty, twisting, pulling, tearing, pinching, and rolling flat with a rolling pin.
- Squeeze a paper punch to make holes in construction paper.
- Crumple paper into small balls and toss to a target. An empty box, large container, or picture taped on the wall make good targets.

