

FM-5-BC

Fine Motor Bilateral Coordination

(Use of both hands together)

- Play toy musical instruments which require two hands to hold and operate (drum, cymbals, triangle, etc.)
- Knead and roll clay with both hands or use a large dowel or rolling pin.
- Have your child fold paper in half and quarters using both hands to crease the paper. Then draw a picture on the paper and insert into an envelope.





FM-5-EHC

Fine Motor Eye-Hand Coordination

- Have your child draw in maze books or dot-to-dot books, Progress to more complex activity books as your child is able.
- Play with manipulative toys such as Legos, Magnet Tiles, or Mr. Potato Head.
- Play flashlight tag together. All players have flashlights. Darken the room. The person who is “it” moves the light of his/her flashlight over a designated area (along the wall, between two chairs, across the floor). The other players try to “tag” his/her beam of light with their flashlight beams.
- Outside, shoot a squirt toy at a target. This is fun with a peer or sibling playing along too.
- Dot markers used with dot marker design books are a fun way to make bright pictures.
- Use Wikki sticks to form letters of the alphabet. Trace over letters with index finger.
- Cut out simple shapes drawn on construction paper.
- Many arts and crafts projects involve eye-hand coordination when cutting, gluing, drawing.

FM-5-P&D

Fine Motor Prehension and Dexterity

- String small beads on yarn.
- Sort coins, buttons, screws or paper clips into empty egg cartons or muffin cups. The smaller the objects, the greater the challenge.
- Play with clay or Silly Putty.
- Encourage your child to work buttons, zippers, buckles and snaps on clothing.
- Hand and finger puppets allow your child to use entire hand movements or isolate individual finger muscles.
- Let your child decorate cookies with raisins, nuts, mini marshmallows or coconut. Also, try spreading with a knife such as butter on bread, soft cream cheese on a bagel or jam on crackers.
- Use of a small spray bottle is fun outdoors or in the bathtub.
- In-hand manipulation is good for developing hand skills. Have your child move a small object from their palm to fingertips without using the other hand to help. Try this with a coin to place in a piggy bank or a button to place in a container.





FM-5-S

Fine Motor Strength

- Play with clay, Playdough, or therapy putty, twisting, pulling, tearing, pinching, poking, and rolling flat with a rolling pin. Try a playdough extruder (press) to make playdough in different shapes.
- Find small objects hidden in Discovery Putty (offered by www.funandfunction.com).
- Crumple paper into small balls and toss to a target. An empty box, large container, or picture taped on the wall make good targets.
- Let your child play with a squirt toy to hit a target or wash off bubbles in the bathtub. Outside, they can squirt water at a tree, fence, or other target.
- Make holes in paper by squeezing a paper punch. Try drawing a simple shape and have your child punch along the lines.
- Supervise your child turning screws with a screwdriver, hammering nails, and placing nuts and bolts in a container using pliers.
- Poke golf tees into clean Styrofoam meat trays. Draw a letter or shape and have your children insert tees along the lines.