



FM-6-BC

## **Fine Motor Bilateral Coordination**

*(Use of both hands together)*

- Roll out cookie dough with a rolling pin.
- Build with Legos and other manipulatives.
- Teach your child how to make snowflakes by folding a piece of paper several times and then cutting out small strips before unfolding.
- Have your child make a clay pot by rolling clay ropes and coiling them into a pot.
- Play musical instruments which require two hands to operate (drum, cymbals, xylophone, flute, horns, etc.)



FM-6-EHC

## Fine Motor Eye – Hand Coordination

- Work in maze books. Begin with wide lines and progress to narrow, more difficult ones.
- 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. Variation: Person who is “it” moves his/her flashlight in a particular pattern or design and other flashlights try to stay on the light and move in unison.
- Shoot a squirt toy at a target. A moving target is especially challenging.
- Practice sewing buttons with yarn and a large needle.
- Have your child cut various materials such as construction paper, waxed paper, foil, sand paper, or cut magazine pictures to make a poster.
- Educational games on a computer or use of a musical keyboard are good ways to practice individual finger movements to depress the keys.





FM-6-P&D

## Fine Motor Prehension and Dexterity

- Play card games (Old Maid, Fish, Uno, etc.) with your child. Let your child practice dealing out the cards too.
- Supervise use of a hammer and nails, screws and screwdriver for a simple wood project.
- Assemble nuts and bolts. Begin with large ones and progress to smaller ones.
- Play with a squirt toy outside. Aim at a target such as a plant or object in the yard.
- Sort a variety of buttons by color or size into empty egg cartons or muffin pans. Use small tongs for extra challenge.
- Help your child try Origami (Japanese paper folding). Try very simple designs until your child is ready to tackle more difficult ones.
- Have your child fasten buckles and snaps.
- Pour colored sand or rice through a funnel into clear containers for an art project.
- Create peg designs. Place several small pegs in the palm and individually bring one pegs to the fingertips for placing in the pegboard. Don't use other hand to assist.
- Mosaic sticker pictures are fun and require fine precision to peel off stickers and place on the correct color-coded spot to make a picture.

FM-6-F

## Fine Motor Strength

- Let your child play with a squirt toy to hit a target or wash off bubbles in the bathtub.
- Make holes in paper by squeezing a paper punch. Try drawing a simple shape and have your child punch along the lines.
- Operate a paper stapler by squeezing with only one hand. Alternate hands.
- Try knot tying.
- Supervise your child turning screws with a screwdriver, hammering nails, and placing nuts and bolts in a container using pliers.

