**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.
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.