

Fine Motor Skills at Home

Help your child develop strength & motor control

Make it FUN and hands on!

- Fine motor skills involve using small muscles in hands and fingers. It is the ability to pick up small things, cut with scissors, draw and write.
- To increase these skills:
- Tear paper and make a collage
- Do a variety of puzzles
- Peel and stick stickers or tape to paper
- Build or play with legos or blocks
- Color and write with broken crayons
- Trace objects
- String beads, noodles or cereal onto yarn
- Use tweezers to pick up cotton balls, marshmallows, cereal or other small items
- Use your finger to make lines, shapes and numbers in flour or sand on a cookie sheet
- Allow your child to cut paper, newspaper, leaves, playdough, ribbon, and other items.
- Play with playdough, rolling the dough into snakes, pinching off pieces, creating objects, using cookie cutters, and making prints with buttons, sea shells, toothpicks and other items.
- Water play using containers with lids, squirt bottles, spray bottles, sponges, tongs and tweezers (in the tub or in the sink) is fun and also helps build some fine motor skills and muscles.



Practice Tracing Your **CAPITAL** and **lowercase** letters

Aa Bb Cc Dd Ee Ff Gg

Hh Ii Jj Kk Ll Mm Nn

Oo Pp Qq Rr Ss Tt Uu

Vv Ww Xx Yy Zz

CAPITAL

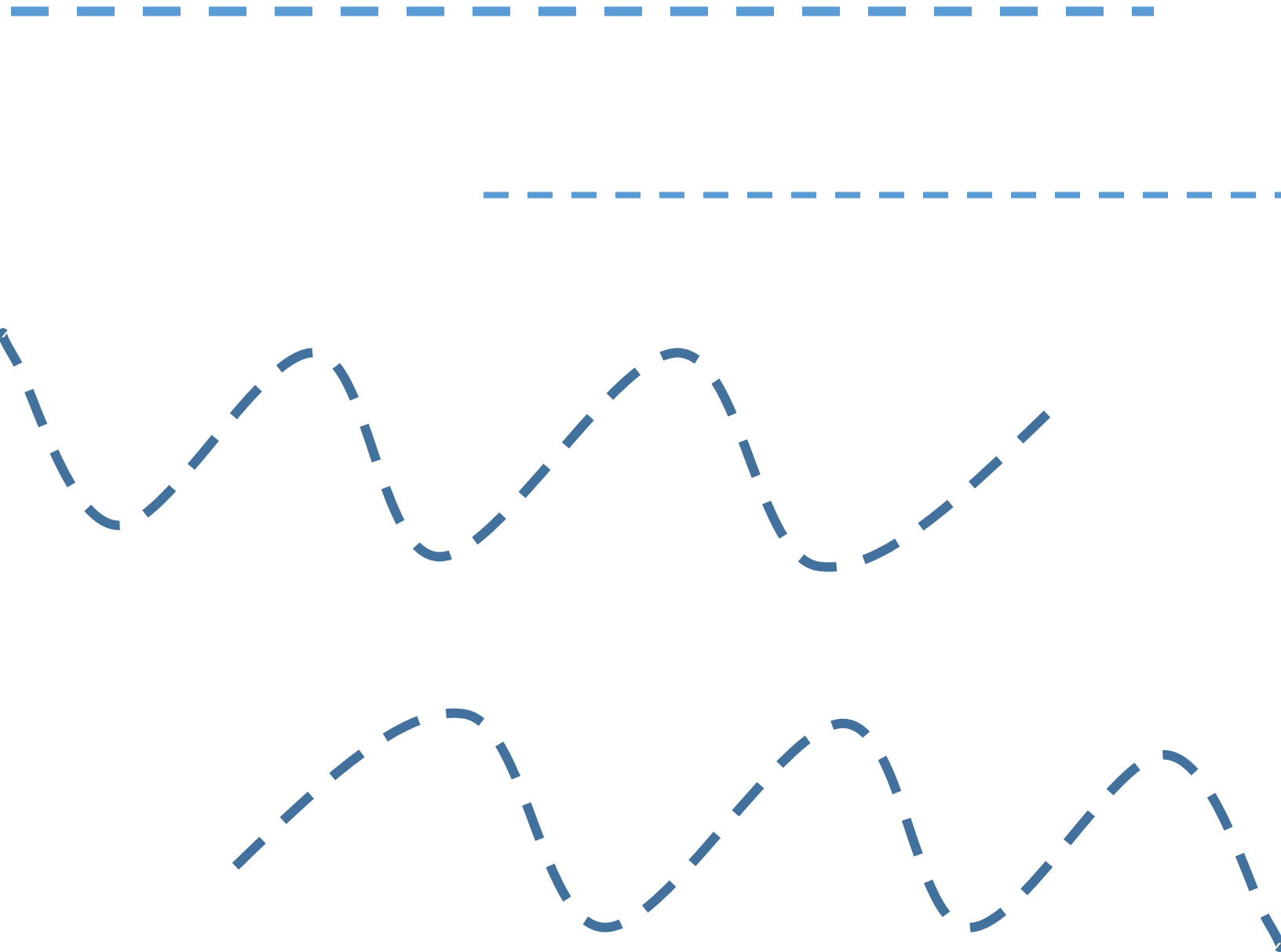
lowercase

Scissor Skills are Essential



Cutting allows a child to build up the fine motor muscles in their hands; use their eyes and hands to cut properly; use both sides of the body at the same time. Practice cutting scrap paper and magazines, too.

Cut on the lines



The Alphabet Around Us!

Read the words you already know and hear the letter sounds

<p>Aa</p> 	<p>Bb</p> 	<p>Cc</p> 	<p>Dd</p> 	<p>Ee</p> 	<p>Ff</p> 
<p>Gg</p> 	<p>Hh</p> 	<p>Ii</p> 	<p>Jj</p> 	<p>Kk</p> 	<p>Ll</p> 
<p>Mm</p> 	<p>Nn</p> 	<p>Oo</p> 	<p>Pp</p> 	<p>Qq</p> 	<p>Rr</p> 
<p>Ss</p> 	<p>Tt</p> 	<p>Uu</p> 	<p>Vv</p> 	<p>Ww</p> 	<p>Xx</p> 
<p>Yy</p> 	<p>Zz</p> 				

Are you ready for Kindergarten?

Cooperate with other Children



Zip or Button Your Coat



Cut with Scissors



Use Restroom Independently



Use a Computer Mouse



Listen and Re-tell a Story



Count from 1-20 in order



Recognize Uppercase/Lowercase Letters
and Print First Name



Jump, Skip and Hop



Grasp a Pencil



Understand concepts like more/less, big/small,
above/below



Identify and Describe Function of Body Parts



Read Books Together Every Day!

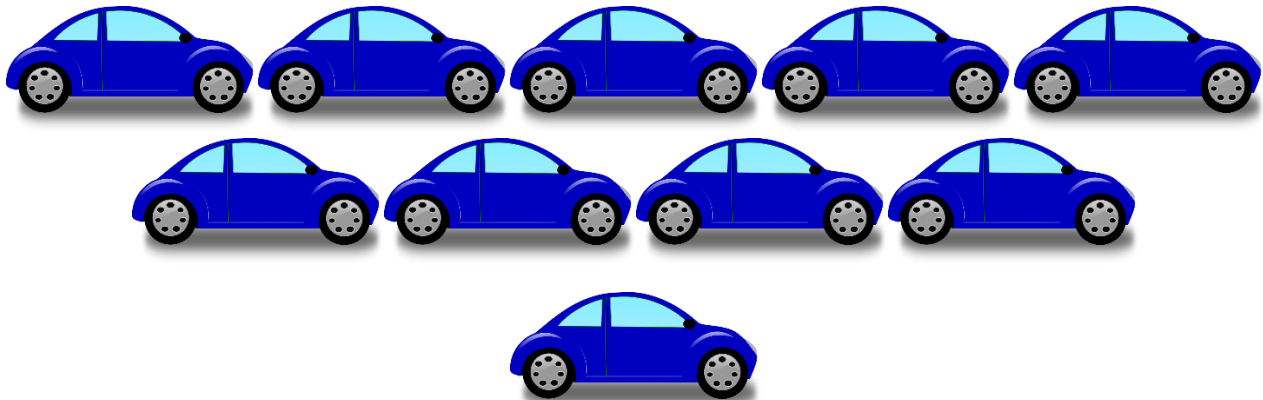


Sort items by color, shape and size



Count the items and color the correct number of boxes below the butterflies and the cars







Sad



Scared



Happy



Angry



Embarrassed



Tired



Excited



Hurt



Shy

