

FINE MOTOR IDEAS

Writing the alphabet (words, numbers, etc...) will depend upon the abilities of the eyes, brain, and muscles to work together. Small or fine muscle movement, such as writing, can depend a lot upon how random movement, control, and coordination of larger muscles has developed, and also how a child's brain processes and organizes sensory information. In other words, finer skills are enhanced by successful earlier, bigger skills- and by knowing how to respond properly to information which comes through our senses. Some children have brains and bodies that are deprived of these experiences and abilities.

To Increase Hand Strength and Skills (before writing)

- *cutting various materials, such as cardboard, tin foil, straws, putty...
 - *sorting activities, cards
 - *lacing, beading, tearing, folding
 - *chalkboard
 - *pegs
 - *pull-apart beads
 - *fit-together toys
 - *crayons, marker, paints
 - *toys that open and shut, unscrew
- *toys that require 2 hands to use, eg. string beads
 - *fasteners; squeeze sponges, washcloth
 - *puzzles, lightbrights
 - *spray bottles, clothespins, coins
 - *putty, playdough, baking

To Practice Letters/Numbers

- *rollnwrite
- *wigglepens
- *tracing, stencils
- *airwriting
- *practice on different textures, such as carpet
- *practice in shaving cream, gel, water, rice, flour, sand, paints, beans...
 - *magnetic letters
 - *large writing utensils, chalkboard
 - *make letters out of putty, clay, tinfoil
 - *draw on child's back
- *use graph paper/boxes for spacing letters, #'s
 - *pencil grips to place fingers
 - *use raised-line paper for border
 - *highlight borders/boundaries