



# Activities for Fine Motor Development

Encourage crossing midline by placing supplies and pieces of an activity (ex. Crayons) on the opposite side of the dominant hand

Lean chalkboards, desks and counters using both hands (place an eraser or towel in each)

Carry large boxes or books with both hands

Play with clay, play-dough or silly putty. It gives lots of sensory input to the hands and strengthens the small muscles in the hands and fingers.

Use finger cues for left/ right orientation

Encourage using both hands for keyboarding

Cooking and baking activities using rolling pin or kneading

Trace over the top and bottom lines of lined paper with glue and let dry. Practice making letters between the lines, making sure to always bump the bottom line

Draw letters on index cards with glue and let dry, have children close their eyes and practice tracing the letter with their finger

Use "changeable" crayola makers to trace letters- they get more rewarding feedback than just tracing dotted lines

Practice different letters using different colored pencils, so the child has another way to associate the movement pattern of forming a specific letter

Fill a cookie sheet with sand or rice and have the child print the letter. You can also make a window out of construction paper or cardboard, so the child has to fill the box with the letter ( to work on making contact with the lines on a paper)

For children who press much too hard with their pencil, have them practice writing by putting paper on top of 1/8 craft foam ( sold at Joanne Fabrics or AC Moore) and try not to puncture the paper as they write

For children who have trouble keeping the pencil stable in their hand, have them keep a gum eraser held in their palm using their ring finger and little finger. It can help with hand stability.