



# Fine Motor Activities

## Pencil Grasp

- Small pieces of crayon or chalk Preschool crayons
- Pencil grip
- Primary-sized markers (with reminders to keep the tips of the fingers on the stripes)
- Golf pencils
- Dots on pencil
- Hold small ball or pompom under ring and pinky finger while writing.

## Hand Dominance

- Playing "Simon Says"
- Having the child sequence items with one hand
- Cutting with scissors
- Drawing with stencils, templates, rulers, stamps
- Using a rotary pencil sharpener or egg beater
- Opening containers with lids
- Using wind-up toys
- Wearing a bracelet or ring as a reminder
- Manipulating nuts and bolts
- Feed coins to slit in tennis ball

## Eye-Hand Coordination

- Performing fingerplays
- Lacing cards
- Stringing beads
- Playing with Legos, Tinker Toys, Lite Brite, Lincoln Logs, or snap beads.
- Dressing dolls and playing with doll houses or miniature cars.
- Playing Barrel of Monkeys, Pic-Up Sticks, Cootie Bug, Operation, Don't Spill the Beans, or Don't Break the Ice.
- Completing puzzles
- Typing on a color-coded computer keyboard Drawing, tracing, coloring, or painting
- Completing dot-to-dot pictures
- Cutting

## Visual Motor

- Filling in the missing parts of pictures and letters tracing, copying, or drawing
- Completing dot-to-dot pictures or mazes.
- Using stencils or tracing paper
- Drawing lines to connect matching pictures
- Sand or water play
- Finger painting
- Magna Doodle
- How to Draw - Books
- Rainbow Writing

Activities designated to develop hand muscles will facilitate development of these prerequisites.