



Ideas to Improve Fine Motor Skills

Exposure! Encourage your child to use art materials . . .

- ✚ Create a personal coloring book: Start by having your child draw a picture with a marker (use only one color). Next, have your child work on coloring in the lines with crayons. Make sure they practice filling in large areas first, and then medium sized areas, then finally the smallest areas.
- ✚ Use Modeling Clay: Knead, pound, create small balls, and roll out snakes (coils).
- ✚ Craft Projects: Beading, dried bean mosaics, popcorn garland.
- ✚ Cutting pages: You can easily make your own by drawing straight lines on a paper with a sharpie marker, then wavy lines, then zigzag lines etc.

Games to improve fine motor skills . . .

- ✚ Light Bright
- ✚ Jacks
- ✚ Pick up Sticks
- ✚ Dot-to-Dot pictures - have child create his or her own to encourage creativity.
- ✚ Practice grip/release exercises with a soft rubber ball to help with muscle tone.