



Developing Fine Motor Skills & Eye-Hand Coordination

Pre-kindergartners benefit from experiences that support the development of fine motor skills in the hands and fingers, activities that strengthen the child's awareness of his/her hands, and activities that help to develop eye-hand coordination.

Fine Motor Activities

- Molding and rolling play dough into balls--using the palms of the hands and rolling play dough into tiny pea-size balls using only the finer tips.
- Using pegs or toothpicks to make designs in play dough. Cut play dough with a plastic knife.
- Tear newspaper into strips and then crumpling them into balls. Scrunch up 1 sheet of newspaper in one hand. This is a super strength builder.
- Use a small spray bottle to spray plants indoor and outdoors, to spray snow (mix food coloring with water so that the snow can be painted, or melt "monsters" (draw monster pictures with markers and the colors will run when sprayed.)
- Pick up objects with a tweezers. Use small-sized screwdrivers. Using eye-droppers.
- Shake dice by cupping hands together.
- Lacing and sewing activities such as stringing beads, Cheerios, macaroni, etc.
- Turn over cards, coins, checkers, or buttons without bringing them to the edge of the table.
- Make pictures using stickers.

Scissor Activities (The correct scissor position is with the thumb and middle finger in the handles of the scissors, the index finger on the outside of the handle to stabilize, with fingers four and five curled into the palm.)

- Cut junk mail--into strips, make fringes, etc.
- Cut play dough with scissors
- Cut straws

Sensory Activities (These activities help to strengthen a child's awareness of his/her hands.)

- Wheelbarrow walking, crab walking
- Clapping games (loud/quiet, on knees together, etc.)
- Catching bubbles between hands
- Drawing in a medium such as wet sand, salt, rice, or "goop" Make good by adding water to cornstarch until you have a mixture similar to toothpaste. The "drag" of this mixture provides feedback to muscles and joints which helps visual motor control.
- Pick out small objects like pegs, beads, coins from a tray of sand, salt, rice. Try it with eyes closed, too. This helps develop sensory awareness of the hands.
- Encourage reaching across the body for materials with each hand.
- When painting at an easel, encourage the child to paint a continuous line across the entire paper, also from diagonal to diagonal.
- Trace patterns. Trace around stencils.
- Play connect the dots. Work on mazes.
- Find hidden pictures.
- Throw bean bags into a hula hoop placed flat on the floor
- Practice hitting bowling pins. Play hit the balloon with a medium-sized balloon.