

Activities for Developing Grasping and Fine Motor Skills

Non-drawing activities

- Lacing cards
- Stringing beads, cheerios or macaroni, cut straws to make necklaces.
- Lite Brite
- Paint with Q-Tips
- Transfer blocks to a muffin tin using a spatula
- Hammer golf tees into styro-foam blocks
- Transfer pom poms into the cups of an egg carton
- Clip clothes pins onto numbered cards.
- Create a pouring station
- Push Q-Tips through straws
- Add basters to bathtub
- Legos and Duplos

Drawing and Prewriting activities

- Scribbling is one way to explore various drawing tools, so use all different types; Crayons, markers, chalk, and enjoy the nice days by going outside with sidewalk chalk
- Connect dots
- Tracing
- Coloring books

** Drawing and writing on a vertical surface helps improve viewing and hand/wrist position. Try using an easel or taping paper to the patio door. You can also use a 3-4 inch binder as a slant board.

** Drawing while on your tummy helps develop shoulder and head control. This position can also be used when playing on the floor...Tummy Time for all!