



# Fine Motor and Letter Practice for Home

Hand skills are crucial to successful handwriting. Small movements of the hand are referred to as fine motor skills. If you believe that your child needs extra activities to strengthen his/her hands or fine motor skills, here are a few suggestions of activities to do with your child.

- Do finger plays. Find books with finger plays at your library.
- Cut pictures from newspapers or magazines. Take a large black marker and draw a line around the picture to give a guideline.
- Put together small beads, Legos, Tinker Toys, Lincoln Logs, etc.
- Knead dough or clay and build an object.
- Find small objects hidden in the dough.
- Play pegboard games.
- Gather small objects from around the house (small buttons, beads, etc.) and place them in a container. Pick them up off the table with a pair of tweezers and place them back in the container.
- Play with any toys that require moving or placing little pieces.
- Squirt a water bottle outdoors on the sidewalk.
- Squeeze a kitchen baster to move cotton balls with air. Have a race on the table.
- Finger paint with Jell-O or cocoa on a paper plate.
- Use small marshmallows and toothpicks to form letters.
- String popcorn, buttons, or beads to make necklaces.
- Create a design on a piece of paper with a hole punch.
- Clip clothespins to a container.
- Lace cards.



You can do several fun activities at home to encourage letter practice. Make sure to always model the letter for your child. A few activities are listed below:

- While your child is in the bathtub, draw letters on the wall of the tub in shaving cream or soap paint.
- Take turns tracing letters on each other's backs and guess the letter. (Write the letter on a piece of paper.)
- Finger paint letters.
- Write letters on the sidewalk with chalk.
- Trace letters in the snow or in the sand.
- Form letters out of dough or clay.
- Make cookie letters. Form the letters by rolling the dough and putting the pieces together.
- Form letters out of French fries.
- Make letters with pipe cleaners.
- Draw letters on the carpet with your fingers.
- Decorate a letter collage using glitter, paint, and markers.
- Use different types of pencils for writing practice (gel pens, colored pencils, scented markers, crayons, etc.).
- Write your shopping lists together.
- Use a flashlight and make letters on the wall. Guess the letter that was made. Cut out letter templates to place in front of the flashlight.
- Put letters on a die. Roll the die and write a word that starts with the letter.
- Fish for words. Place cut-out fish in a shoebox. Write words or letters on the fish. Attach paper clips to the fish and adapt a small pole with a magnet. Come up with a word or sentence using the letter or word on the fish that is caught.
- Write with icing tubes.