

# 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 feel your child is in need of extra activities to strengthen his hands or fine motor skills look at here are a few suggestions:

- Do finger-plays. Find them in a book at the library.
- Cut pictures out of newspapers or magazines. You can take a large black marker and draw a line around the picture to give a guideline.
- Have your child put together small beads, Lego's, Tinker Toys, Lincoln Logs, etc.
- Knead Play dough or clay. Build objects with them.
- Hide small objects in the Play dough and have your child find them.
- Play pegboard games.
- Gather small objects from around the house (small buttons, beads, etc.) place them in a container and have your child 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.
- Let your children squirt water bottle outdoors on the sidewalk. Colored water looks great on the snow.
- Squeeze a kitchen baster to move a 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, beads to make necklaces.
- Using a hole-punch let your child create a design on a piece of paper.
- Have your children clip clothespins to a container.
- Have children lace cards.

You can do several fun activities at home to encourage letter practice. A few are listed below:

- While your children is in the bathtub have them draw letters on the wall of the tub in shaving cream or soap paint.
- Trace a letter on your child's back and have them guess and write the letter on a piece of paper. Take turns and have them trace a letter on your back.
- Finger paint letters.
- Write letters on the sidewalk with chalk.
- Trace letters in the snow or sand.
- Forms letters out of play dough or clay.
- Make cookie letters. Having your child 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 with your finger on the carpet.
- Decorate a letter collage using glitter, puffy paint, and markers.
- Use different types of pencils for writing practice (gel pens, colored pencils, scented markers, crayons, etc.)
- Have your children write your shopping lists.
- Use a flashlight and make letters on the wall. You or your child has to guess the letter that was made. You can also cut out letter templates to place in front of the flashlight.
- Put letters on a die and have your child roll the dice and they have to 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. Whichever fish the child gets, they have to come up with a word or sentence using what is on the fish.
- Have children write with icing tubes.