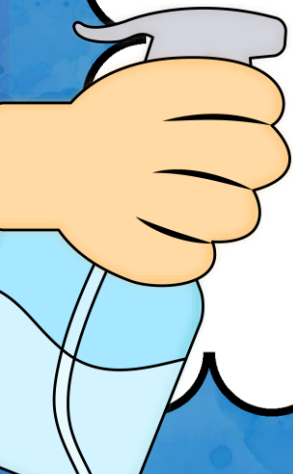




# Fine Motor Skills PARENT handout





# THANK YOU



Thank you for your purchase. I hope you and your students enjoy these activities.  
You can contact us with any questions at [customercare@pre-kpages.com](mailto:customercare@pre-kpages.com)

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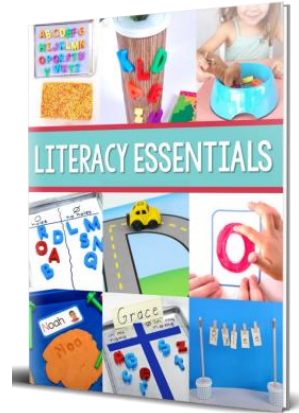
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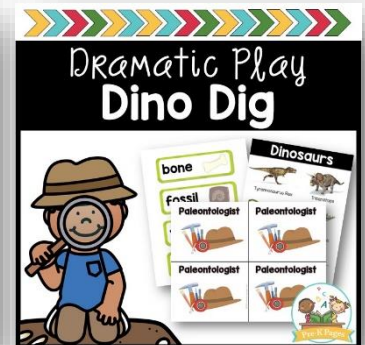
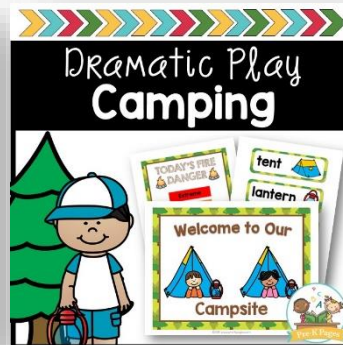
## ALPHABET

Have you downloaded Literacy Essentials yet?  
It's everything you need to know to help your kids learn the letters of the alphabet. [Grab your free copy HERE!](#)



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# Ready to Write



In order for young children to become successful writers, they must first be introduced to the pre-requisite skills in the proper order. Every child progresses through these skills at a different rate based on his or her own individual levels of development.

## What are fine motor skills?

Fine motor skills involve the small muscles of the body. These small muscles need to be developed because they are required for more advanced tasks such as writing, grasping small objects, and fastening clothing. When we refer to fine motor skills in the context of handwriting, we are typically referring to the small muscles in the hands and fingers used for writing.

Young children benefit from daily practice to help develop fine motor skills in their fingers and hands. Children should have strength and dexterity in their hands and fingers. Before they can be expected to hold a pencil, or even master writing letters, children should develop the strength and dexterity in their hands and fingers to successfully accomplish these tasks without frustration or anxiety.

We help students strengthen those muscles in the classroom by providing fun, hands-on, and developmentally appropriate activities on a daily basis. These activities also help children develop an appropriate pencil grasp when they are ready.

## What can parents do at home to help?

Attached you will find a list of recommended activities you can do at home with your child using supplies you may already have on hand, or they can be purchased at the dollar store.

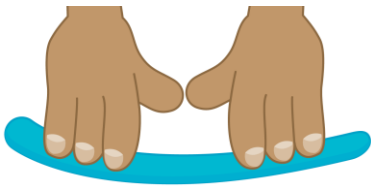
# Ready to Write



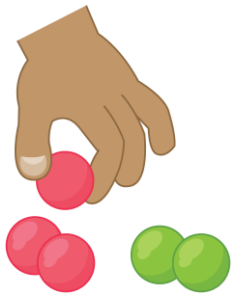
- ✓ Play with play dough.



- ✓ Use a rolling pin to roll play dough.



- ✓ Roll “snakes” with play dough using palms of hands.

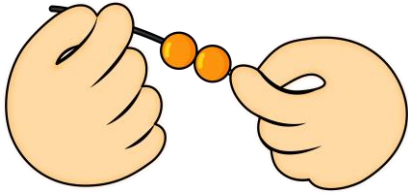


- ✓ Roll play dough into tiny balls using only the fingertips.

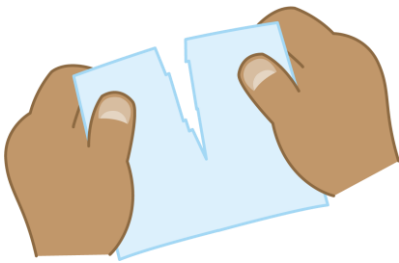


- ✓ Use a spray bottle filled with water to spray plants indoors or outside.
- ✓ Add food coloring to water in a spray bottle and spray designs in snow.

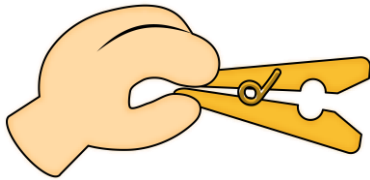
# Ready to Write



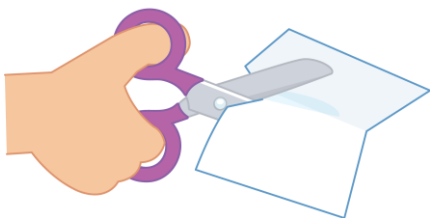
- ✓ Cut a length of yarn or twine and invite your child to string Cheerios or macaroni.



- ✓ Tear paper.



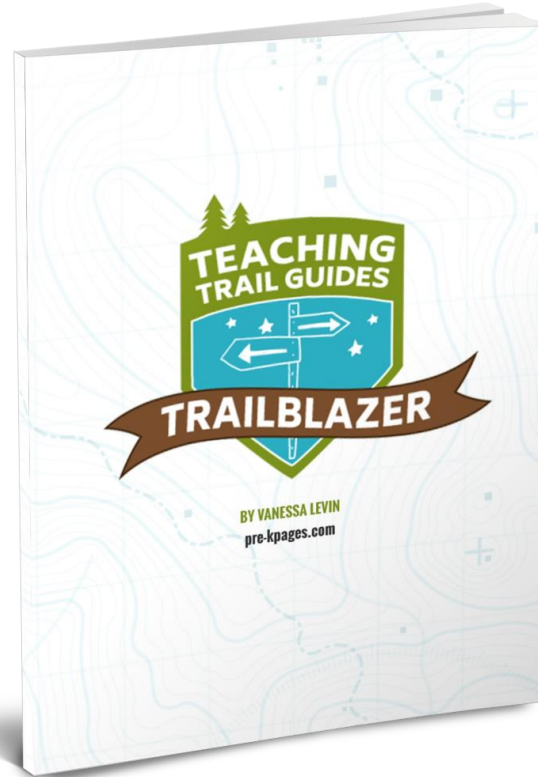
- ✓ Pick up objects like cotton balls or pom-poms using spring-loaded clothespins.
- ✓ Transfer each object from a bowl to an egg carton or an ice cube tray to make it more interesting.



- ✓ Cut junk mail, especially thick paper.
- ✓ Cut play dough with plastic scissors.
- ✓ Cut plastic, disposable straws or shredded paper.

# Resources

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The [Trailblazer](#) is a free, 50 page document that will help you plan for your entire school year in Pre-K.

This guide will save you tons of time planning, use it as is, or as a reference to make your very own!

The Trailblazer includes links to helpful book lists and resources that will make planning easier.

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