

Fine/Gross Motor Activity

Get Hands Ready to Write



May 7, 2020




Lesson: May 7, 2020

Objective/Learning Target:

**Getting Body Ready to Write
Strengthening the Muscles in the Body
Eye Hand Coordination
Using Both Hands Together**



10 Fun Activities to Help Get the Hands Ready to Write

- **Animal walks:** Pretend to walk around the room like a bear, crab, dog, cat, lion, etc. Any animal where the hands are in contact with the floor. [Animal Walk Video](#) 
- **Play with Play dough** or knead dough
- **Use spray bottles** to water plants or spray each other on a hot day.


[Spray Bottle Fun](#)



10 Fun Activities to Help Get the Hands Ready to Write

- **Play on swingset:** Climb up ladders, swings, slides, and hand from rings.
- **Paper shredder:** Ask your child to be your paper shredder. See if they can rip the paper up into small pieces.
- **Play paper toss:** Rip a piece of paper in half. Crumple it up using only one hand. Try to throw it in the garbage bin. *Score!*

10 Fun Activities to Help Get the Hands Ready to Write

- **Play games that use small pieces to work on fine motor skills:** Play games that require your child to pick up small pieces i.e. bingo chips, marbles, pegs, cards, etc.
- **Build with small blocks:** Play with Legos or other small building blocks. 
- **Create craft projects:** Make a collage on paper. Cut 1" to 2" paper strips into small pieces. Use liquid glue to help strengthen hands. String beads for a bracelet.

10 Fun Activities to Help Get the Hands Ready to Write

- **Clothespin activities:** Your child can wash doll clothes or wash clothes and hang them up to dry pinching the clothes pin open.

Clothespin Hanger Activity



Gross Motor Activities to Help Get the Hands Ready to Write



Crab Walk



Wheelbarrow Walk



Bear Walk

