

ACTIVE PLAY ...EVERY DAY!



Module 4 Fine Motor Skills

Eensy-Weentsy Spider:

The eensy-weentsy spider
went up the water spout
*...touch thumb to opposite
index finger and twist to other
thumb and finger.*

Down came the rain and
washed the spider out
*...starting up high, wiggle fin-
gers down low.*

Out came the sun and dried
up all the water *...make a big
circle with arm.*

Eensy-weentsy spider went up
the spout again *...do thumb
and finger movements again.*

Preschoolers need to practice fine motor skills. Fine motor skills require movement of small muscles, such as the fingers and wrist, but also include movements of the tongue and lips, toes, and hand-eye coordination. Try these activities with your children:

Play Dough Recipe:

3 cups flour
4 tablespoons salt
1 cup cold water
2 tablespoons vegetable oil
1 teaspoon food coloring

Mix all the ingredients and
knead into a firm dough.
Store the dough in an airtight
container in the fridge when
not in use, so that the dough
can last for a few weeks.

Art Sculpture:

Tear colored paper into fine
strips and pieces. Glue on to
a paper plate.

Using play dough, make small
balls, long rolls, animal shapes
and flowers.

Arrange the play dough shapes
on the decorated plate and
display for the family!



ACTIVE PLAY...EVERY DAY!



Gross Motor Skills

Preschoolers need to practice gross motor skills. Gross motor skills include things like balance, body awareness, and using large muscle groups to do activities. These activities are great for practicing gross motor skills:

CRAB WALKS – walk on all fours, belly up.

BEAR WALKS – walk on all fours, bottom up.

WHEELBARROW WALKS – walk on just hands while an adult holds the feet.

GALLOP LIKE A HORSE

WALK HEEL-TO-TOE – with or without the hand of a spotter.

BALANCE ON ONE LEG – then on the other. Have a contest to see who can balance the longest!



HOP ON ONE FOOT

SKIP

KICK a large ball, using one foot and then the other.

THROW AND CATCH a large ball.

PRACTICE SPATIAL RELATIONS – stand **in front of** a chair, **behind** a chair, **next to** a chair, **sit on top of** a chair, and crouch **under** a chair.

