

# ACTIVE PLAY ...EVERY DAY!



## Module 4 Fine Motor Skills

### Eensty-Weentsy Spider:

The eensty-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 fingers down low.*

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

Eensty-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!

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## 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.

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