

Fine Motor Activities - Colouring

Colouring

- Start with large crayons then gradually decrease to small crayons and coloured pencils
- Start with simple large figures such as and progress to smaller more detailed figures
- Colour inside the lines
- A thick boundary line will help the child stay inside the lines
- "Colour by Numbers" (children's level)



Painting

- Start with finger painting: then painting with a brush (gradually decrease the size of the brush)
- Paint with large circular motions first
- Connect the dots to paint vertical, horizontal, diagonal, lines and then progress to geometric shapes
- Trace then copy shapes then simple designs such as a snowman, a house
- Gradually increase the detail



Blackboard Activities

- Large circular motion using whole arm movements (left to right)
- Connect the dots with long lines from top to bottom, left to right or diagonally
- Trace a pattern or shape on the board, use 2 different colours or chalks
- Connect dots to draw geometric shapes and designs
- Draw a simple picture - snowman, house, tree, ball, car
- Progress to tracing and then copying numbers and letters