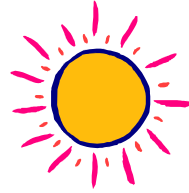


Fine motor fun in the sun



Fine motor activities don't have to be sitting and working on printing books all day long. You can improve your child's fine motor skills with a little planning and have fun with them at the same time. Here are a few fun things that you can do with them this summer!

Did you know that playing at the playground can help your child's fine motor skills?

Activities such as playing on the monkey bars, wheelbarrow walks, playing tug of war and throwing a ball all help to develop strength and balance. Enjoy your local playground!

Sidewalk chalk. Here is an inexpensive way to working on colouring and writing that kids love. Try dipping chalk in a dish of water and see what bright colours your child can make. Draw a giant bull eye. Draw beanbags and aim for the middle. Make a giant tic tac toe grid. Or for older kids, design an obstacle course, Draw islands or lily pads to jump from.
(*Today's Parent*, May 2006)

Don't like to colour? Use Crayola decoder markers and get your child to uncover secret messages you have made up for them. Window markers are also a fun way to get your child to colour and draw.

Have your child write out a list of the things they want to do this summer.

Play restaurant with them and have them draw or write down your order.

Make necklaces. Find some beads at the dollar stores have sets of beads. Make a necklace that you can wear all summer long. Remember the smaller the bead, the harder it will be to do

Leaf rubbings are fun! Pick leaves from different trees or plants. Place them between two pieces of a paper. Colour on the trop sheet with a crayon.





Paper airplanes are a fun way to work on scissor skills and folding. Whose flies the furthest?

Try to **encourage your child** to open the containers he or she uses. Opening popsicle wrappers is a great way to work on fine motor skills!

Have your child **make a scrapbook** of all the fun things that they did this summer. It works on printing and is a great keepsake.

Cut and paste from flyers a list of school supplies or grocery list.

Weave ribbon or fabric through strawberry baskets. What a great place to put crayons in!

Make letters and shapes by “painting” with water on the fence.

Make wrapping paper! Dip pieces of fruit in paint and press them into plain paper.

Draw in wet sand or dirt with a stick or a finger.

Lego is a great fine motor toy. See who can build the biggest tower. Make something out of Lego and have your child copy what you made.

Make a mural. Hang up a large piece of paper in your house. Make a seascape or beach scene or any other place your child wants to draw.

Painting is fun! Soak an old sheet in water and hang it on your fence. Let your kids paint on it with tempera paints. Fill spray bottles with tempera paints and water and have them spray the sheet (Familyfun.com)

Have fun!