

Making Fine Motor Tasks More Fun

Not every child will have an interest in sitting down to draw, cut, glue, or colour. Here are some ideas to help create more motivation!



- **FOCUS ON BIGGER PROJECTS:** build a fort, cook, bake, or create a decoration or creation around the season or holiday.
 - ▶ Ask your child to colour, cut and glue shapes in the fort you are building.
 - ▶ Ask your child to colour or draw what you are cooking
 - ▶ Help your child to build a bird house with a pop bottle that you cut and let your child colour, paint and glue decorations on it
 - ▶ Color the inside of a cardboard box to make a cave
 - ▶ Draw on the windows with washable markers or paint
- **MAKE THEM A HELPER:** children like to feel helpful and have responsibility. Make sure they have appropriate tools to cut, colour, stir, glue, etc. to complete their job.

- **USE MUSIC:** music can help create rhythm and facilitate fine movement.
 - ▶ Make it a game. Colour or draw until the music stops and wait until the music starts to draw again (scribbling or more formed drawing).
 - ▶ Use the rhythm of a song and ask the child to colour fast, slow, with long or short lines, circle, etc.
 - ▶ Put a big piece of paper on the floor. Lie on your bellies and colour until the music stops. When it stops, quickly change spots with your child (like musical chairs).
- **MAKE AN OBSTACLE COURSE**
 - ▶ Treasure hunt: you can hide different fine motor tools (scissors, crayons, chalk or glue). Your child has to find them and complete a craft.
 - ▶ Stick a big piece of paper on the wall and at the other end of the room put different crayons and markers. Your child has to run (forward, backward) or walk in different patterns (wheelbarrow, the crab walk, the bear walk, the frog...) to get a crayon and go back to the sheet to draw different shapes/person, colour...
 - ▶ Race: Have your child race against another child or yourself to complete a maze or to colour inside the lines. You can also do a race by timing the child to complete a maze or colour. Points are given for the best time and the less "accidents" (you have an accident if you go over the lines)

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- **WORK ON DIFFERENT PLANES** (table, floor, wall, window...): you don't always have to do fine motor activities at a table!



- ▶ Colour lying down on the floor
 - ▶ Draw on the window with special markers
 - ▶ Draw on the mirror in the bathroom with shaving cream or markers
 - ▶ Draw in the bathtub, in the snow or in the sand
 - ▶ Use a spray bottle in the snow or on a coffee filter!
 - ▶ Write with your feet by putting crayons between your toes
- **USE DIFFERENT TEXTURES** so your child can experiment different sensations that can increase his or her curiosity and motivation to complete the activity.
 - ▶ Finger paint on sand paper
 - ▶ Paint with your toes, elbow, nose...
 - ▶ Shaving cream
 - ▶ Put sand in the finger paint
 - ▶ Use different type of crayons (waxy, metallic, marker, ...)
 - ▶ Put a paper over textured material (bubble wrap, textured plastic plates, Plexiglas to cover neon...)

- **JAZZ UP YOUR TOOLS - MAKE IT FUN!**

- ▶ Add stickers on markers
- ▶ Paint your crayons
- ▶ Add decorations such as feather, pompom, ribbon...

- **USE OPEN-ENDED ACTIVITIES:** open-ended activities are less structured and can be a nice way to let your child experiment different fine motor skills.



- ▶ Put stickers, crayons, paint, etc. on the table for the child to make the choice
 - ▶ Do a collage with magazines
 - ▶ Finger paint
 - ▶ Play dough, clay
- **CHOICES:** Give your child two choices between two different fine motor activities. "Do you want to colour this sheet or cut this..."



Be creative! There are lots of ways to include fine motor skills into your child's daily routine and make it fun!