

IT'S MORE IMPORTANT THAN YOU MAY THINK

# FINE MOTOR SKILLS

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Spark your child's imagination and enhance their cognitive growth through interactive exercises that improve fine motor abilities!

**Fine motor skills involve the coordination of small muscles in the hands and fingers, enabling them to perform tasks that require precision and control.**

These activities stimulate cognitive development, enhance language skills, and promote independence.

**Fine motor skills are also crucial as they lay the foundation for drawing and writing!**

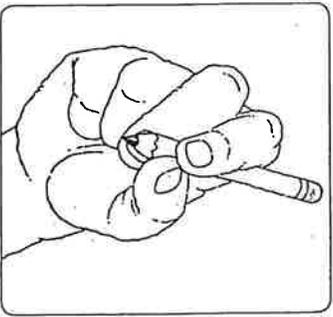
These activities are meant to be enjoyable and not feel like a chore. Encourage your child to engage in fine motor activities for short periods and gradually increase the duration as their skills improve.



## FINE MOTOR ACTIVITIES FOR HOME

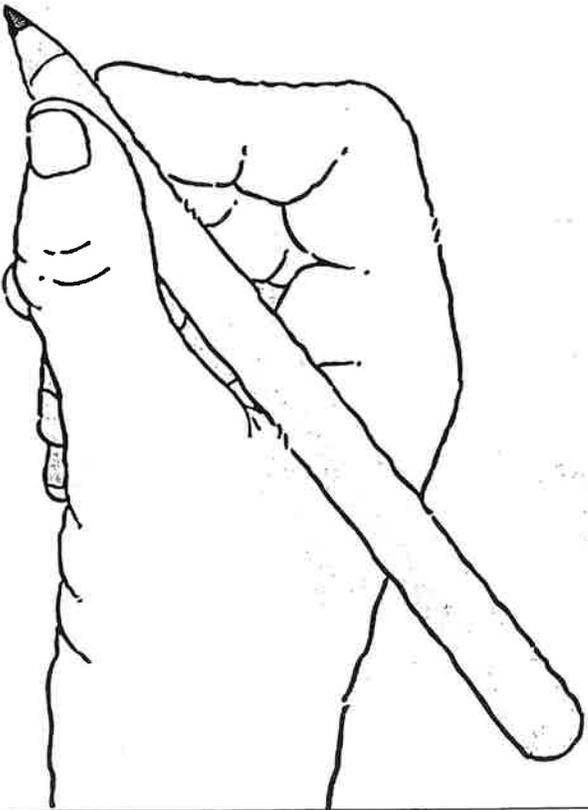
- Playdough: Squeeze, roll, shape playdough for hand strength and dexterity.
- Stringing Beads: Thread large beads with string for coordination and manipulation.
- Scissor Practice: Cut shapes from paper with child size scissors for cutting skills.
- Puzzles: Fit jigsaw pieces together for coordination and problem-solving.
- Buttoning and Zipping: Practice fastening clothes for finger strength and coordination.
- Sticker Play: Peel and place stickers to refine grip and finger control.
- Drawing and Coloring: Use various materials for fine motor skills and creativity.
- Tweezers: Pick up small objects with child-friendly tweezers for precision and strength.
- Threading: Thread Cheerios or beads on string for concentration and coordination.
- Cutting and Pasting: Cut pictures and glue onto paper for cutting and gluing skills.

# Good Pencil Grip

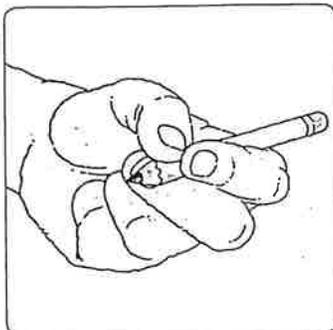


## What makes it easier?

- Big pieces of paper.
- Big crayons, brushes and markers (larger tools ensure children use the right muscles and hand and finger position for the activity and are less likely to adopt incorrect grasps to control the tool).
- Use thick outlines.

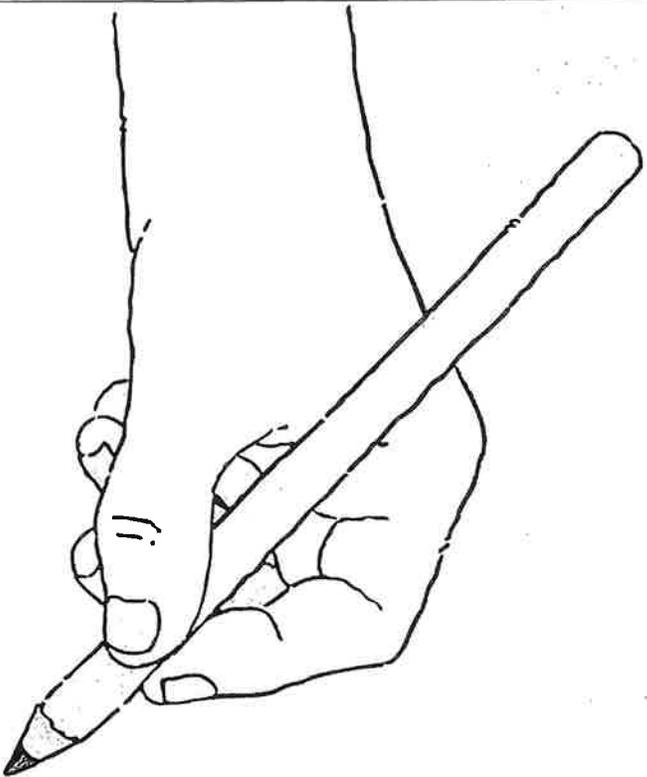


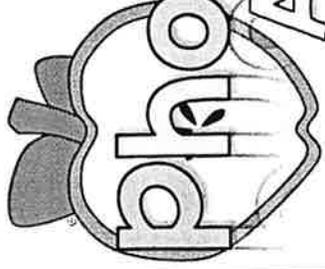
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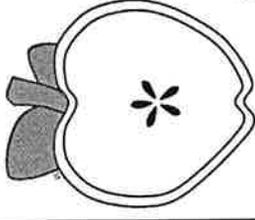


# What is Phonological AWARENESS?

Phonological awareness is the ability to recognize that words are made up of a variety of sound units.

A student who has sound phonological development understands the sound structures of language. These include: words, rhymes, syllables and sounds (phonemes).

Phonological awareness (oral language) is the foundation for phonics (written language).



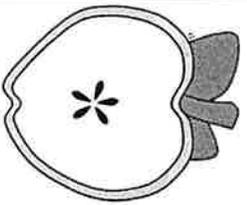
# What is Phonemic AWARENESS?

Phonemic awareness is one part of phonological awareness.

Phonemic awareness is auditory and does not involve print.

Phonemic awareness deals with only one aspect of sound: the phoneme.

A student with developed phonemic awareness skills can hear, identify, blend, segment and manipulate the sounds in spoken words.



# What is Phonics?

Phonics refers to the sound and letter relationships. It relates to connections between sounds and written symbols.

Phonological awareness is the foundation for phonics.

A student with developed phonics skills demonstrates one of the foundations for reading and writing. Thus they can competently read and write a spectrum of words using their sound and letter relationship knowledge.

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## Phonological AWARENESS SKILLS

### Rhyme Awareness & Construction

The ability to hear and produce words that rhyme.

### Alliteration

The occurrence of the same letter or sound at the beginning of a set of words.

### Sound & Word Discrimination

Word Discrimination: The ability to segment sentences into words.  
Sound Discrimination: Can discriminate which words sound different.

### Segmenting

The separation of words; onset and rime, syllables, and phonemes.

### Blending

The combining of words; onset and rime, syllables, and phonemes.

### Phoneme Isolation

Isolates single phoneme in a spoken word; beginning, final and medial.

### Syllable Manipulation

Deletes and substitutes syllables.

### Phoneme Manipulation

Deletes, adds and substitutes phonemes.

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