

FINE MOTOR

LESSON ROUTINES + ACTIVITIES



©Tara West

a year of activities

Unit Overview

This packet is designed to offer an engaging and FUN way to explore fine motor! This packet can be used to supplement your morning work, centers, intervention, or as a whole-group fine motor curriculum. This packet contains 150 quick-lessons and 150 corresponding recording sheets. These sheets can be used loose, placed into a 3-ring binder/folder, printed 2-to-1 page for a composition notebook, or printed at 90% and placed in a spiral notebook. Simply print the lesson rings and corresponding sheets.

If you have any additional questions as always, feel free to email me at littlemindsatworkllc@gmail.com, follow me on Facebook, or visit my blog, Little Minds at Work.



FINE MOTOR LESSON ROUTINES + ACTIVITIES

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Unit Overview

Breaking down fine motor practice into 5 main categories:

1. Wrist Hand Activities

- Spreading
- Twisting
- Squeezing
- Stamping

2. Hand and Finger Activities

- Lacing
- Stringing
- Squeezing
- Poking
- Gluing
- Pinching

3. Scissor Activities

- Safety
- Progression of scissor skills
 - Tearing
 - Snipping
 - Fringing
 - Strips
 - Angles
 - Rounded Edges
 - Curves
 - Spirals
 - Simple figures and shapes
 - Complex figures and shapes

4. Drawing and Writing Activities

- Tracing
- Free drawing

5. Printing Practice

- Alphabet & Numbers








Unit Overview



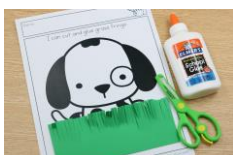




FINE MOTOR LESSON ROUTINES + ACTIVITIES






WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 1	Response pg. 2	Response pg. 3	Response pg. 4	Response pg. 5






WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 6	Response pg. 7	Response pg. 8	Response pg. 9	Response pg. 10






WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 11	Response pg. 12	Response pg. 13	Response pg. 14	Response pg. 15






WEEK 4

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 16	Response pg. 17	Response pg. 18	Response pg. 19	Response pg. 20






WEEK 5

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 21	Response pg. 22	Response pg. 23	Response pg. 24	Response pg. 25

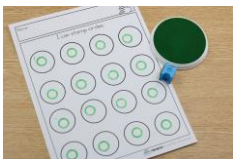




WEEK 6

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 26	Response pg. 27	Response pg. 28	Response pg. 29	Response pg. 30






WEEK 7

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 31	Response pg. 32	Response pg. 33	Response pg. 34	Response pg. 35






WEEK 8

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 36	Response pg. 37	Response pg. 38	Response pg. 39	Response pg. 40






WEEK 9

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 41	Response pg. 42	Response pg. 43	Response pg. 44	Response pg. 45


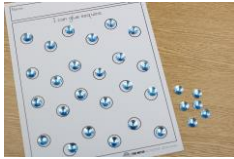



WEEK 10

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 46	Response pg. 47	Response pg. 48	Response pg. 49	Response pg. 50






WEEK 11

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 51	Response pg. 52	Response pg. 53	Response pg. 54	Response pg. 55



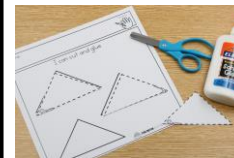


WEEK 12

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 56	Response pg. 57	Response pg. 58	Response pg. 59	Response pg. 60






WEEK 13

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 61	Response pg. 62	Response pg. 63	Response pg. 64	Response pg. 65






WEEK 14

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 66	Response pg. 67	Response pg. 68	Response pg. 69	Response pg. 70


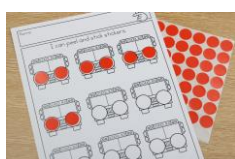



WEEK 15

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 71	Response pg. 72	Response pg. 73	Response pg. 74	Response pg. 75






WEEK 16

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 76	Response pg. 77	Response pg. 78	Response pg. 79	Response pg. 80





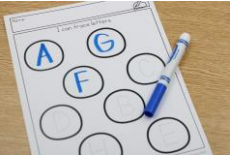
WEEK 17

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 81	Response pg. 82	Response pg. 83	Response pg. 84	Response pg. 85






WEEK 18

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 86	Response pg. 87	Response pg. 88	Response pg. 89	Response pg. 90






WEEK 19

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 91	Response pg. 92	Response pg. 93	Response pg. 94	Response pg. 95






WEEK 20

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 96	Response pg. 97	Response pg. 98	Response pg. 99	Response pg. 100






WEEK 21

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 101	Response pg. 102	Response pg. 103	Response pg. 104	Response pg. 105





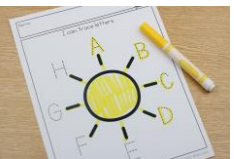
WEEK 22

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 106	Response pg. 107	Response pg. 108	Response pg. 109	Response pg. 110


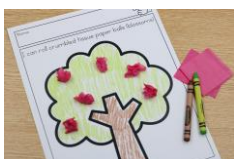

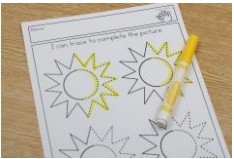
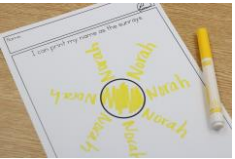
WEEK 23

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 111	Response pg. 112	Response pg. 113	Response pg. 114	Response pg. 115






WEEK 24

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 116	Response pg. 117	Response pg. 118	Response pg. 119	Response pg. 120






WEEK 25

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 121	Response pg. 122	Response pg. 123	Response pg. 124	Response pg. 125






WEEK 26

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 126	Response pg. 127	Response pg. 128	Response pg. 129	Response pg. 130






WEEK 27






Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 131	Response pg. 132	Response pg. 133	Response pg. 134	Response pg. 135

WEEK 28

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 136	Response pg. 137	Response pg. 138	Response pg. 139	Response pg. 140

WEEK 29

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 141	Response pg. 142	Response pg. 143	Response pg. 144	Response pg. 145

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
				
Response pg. 146	Response pg. 147	Response pg. 148	Response pg. 149	Response pg. 150

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WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can use stamps to create a picture of choice. Material: Stamps	I can dip and dot to paint. Material: Paint, Q-tips	I can open and shut scissors to cut string pieces. Material: Yarn or string, scissors, glue	I can draw a self-portrait. Material: Crayons or writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 1	Response pg. 2	Response pg. 3	Response pg. 4	Response pg. 5

WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can tear and glue pieces of paper to create a collage. Material: Scrap paper, glue	I can use cotton balls to paint. Material: Paint, cotton balls	I can use scissors to create grass fringe. Material: 2.5-inch green strips of paper, scissors	I can use my crayon to rub a color. Material: Peeled crayons	I can trace lines. Material: Writing tool of choice
Response pg. 6	Response pg. 7	Response pg. 8	Response pg. 9	Response pg. 10

WEEK 3

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can use stamps to create a story. Material: Stamps	I can dip and dot to paint. Material: Paint, Q-tips	I can open and shut scissors as confetti is cut. Material: Paper scraps, scissors, glue	I can draw a family portrait. Material: Crayons or writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 11	Response pg. 12	Response pg. 13	Response pg. 14	Response pg. 15

WEEK 4

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can tear and glue pieces of paper to create a collage. Material: Scrap paper, glue	I can use my fingertips to paint. Material: Paint	I can use scissors to create hair fringe. Material: scrap paper, scissors, glue	I can use my crayon to rub a color. Material: Peeled crayons	I can trace lines. Material: Writing tool of choice
Response pg. 16	Response pg. 17	Response pg. 18	Response pg. 19	Response pg. 20

WEEK 5

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can dab and dot images. Material: Dabbers	I can use stickers to tell a story. Material: Stickers	I can use scissors to cut string for fur. Material: string, glue, scissors	I can draw a friend's portrait. Material: Crayons or writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 21	Response pg. 22	Response pg. 23	Response pg. 24	Response pg. 25

WEEK 6

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can dab and dot circles. Material: Dabbers	I can dip and dot to paint. Material: Paint, Q-tips	I can cut and glue strips. Material: Paint sample strips or scrap paper, scissors, glue	I can draw circles. Material: Writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 26	Response pg. 27	Response pg. 28	Response pg. 29	Response pg. 30

WEEK 7

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can stamp letters. Material: Stamps	I can use my fingertips to paint. Material: Paint	I can cut and glue leaves to create a collage. Material: Leaves, scissors, glue	I can draw small, medium, and big circles. Material: Writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 31	Response pg. 32	Response pg. 33	Response pg. 34	Response pg. 35

WEEK 8

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can stamp circles. Material: Circular items (marshmallows, poms, etc.)	I can use push pins to create a picture. Material: Push pins, soft surface	I can cut square pieces of paper to create a mosaic. Material: Scrap paper, scissors	I can draw triangles. Material: Writing tool of choice	I can rainbow write my name. Material: Writing tool of choice
Response pg. 36	Response pg. 37	Response pg. 38	Response pg. 39	Response pg. 40

WEEK 9

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can squeeze glue to outline an object. Material: Glue bottle, sprinkles or glitter	I can dip and dot to paint. Material: Paint, Q-tips	I can cut straight lines. Material: Scissors, glue	I can draw small, medium, and big triangles (mountains). Material: Writing tool of choice	I can rainbow write my name. Material: Writing tool of choice
Response pg. 41	Response pg. 42	Response pg. 43	Response pg. 44	Response pg. 45

WEEK 10

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can create tracks in paint using a vehicle. Material: Paint, paper plate, toy truck	I can use dot stickers to complete the picture. Material: Dot stickers	I can cut straight lines. Material: Scissors, glue	I can draw squares. Material: Writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 46	Response pg. 47	Response pg. 48	Response pg. 49	Response pg. 50

WEEK 11

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can create art with paint rollers. Material: Paint, rollers, paper plate	I can tear and glue orange paper to create a pumpkin. Material: Orange paper, glue	I can cut and glue pictures to create a collage. Material: Scissors, magazines, glue	I can draw squares and triangles (houses). Material: Writing tool of choice	I can trace lines. Material: Writing tool of choice
Response pg. 51	Response pg. 52	Response pg. 53	Response pg. 54	Response pg. 55

WEEK 12

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can use my hands to paint by pressing, smearing, and spreading. Material: Paint	I can use pincer grip to grab and glue sequins. Material: Glue, sequins	I can cut and glue paper squares for decoupage art. Material: Scissors, wrapping paper	I can trace zig-zag lines. Material: Writing tool of choice	I can trace letters. Material: Writing tool of choice
Response pg. 56	Response pg. 57	Response pg. 58	Response pg. 59	Response pg. 60

WEEK 13

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can use painting tools to paint the picture. Material: Paint, painting tools of choice	I can use my fingertips to paint spiders. Material: Paint	I can cut round objects. Material: Scissors, glue	I can trace scallop lines. Material: Writing tool of choice	I can trace letters. Material: Writing tool of choice
Response pg. 61	Response pg. 62	Response pg. 63	Response pg. 64	Response pg. 65

WEEK 14

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can punch holes and glue the strips. Material: Hole punchers, scrap paper, glue	I can use push pins to create a picture. Material: Push pins, soft surface	I can cut and glue angles. Material: Scissors, glue	I can trace bump and circular lines. Material: Writing tool of choice	I can trace numbers. Material: Writing tool of choice
Response pg. 66	Response pg. 67	Response pg. 68	Response pg. 69	Response pg. 70

WEEK 15

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can punch holes and lace the string. Material: Hole punchers, string	I can roll paper. Material: Scrap paper, glue	I can cut strips. Material: Green scrap paper, scissors, glue	I can trace to complete the picture. Material: Writing tool of choice	I can write my name. Material: Writing tool of choice
Response pg. 71	Response pg. 72	Response pg. 73	Response pg. 74	Response pg. 75

WEEK 16

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can paint a stoplight with my fists. Material: Paint	I can use pincer grasp to grab pom poms. Material: Fuzzy pom poms, glue	I can cut, assemble, and glue a train. Material: Glue, scissors	I can trace a lazy 8. Material: Writing tool of choice	I can trace letters. Material: Writing tool of choice
Response pg. 76	Response pg. 77	Response pg. 78	Response pg. 79	Response pg. 80

WEEK 17

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can tear and glue pieces of paper. Material: Scrap paper, glue	I can peel and stick stickers onto the buses. Material: Stickers	I can cut and glue pictures to create a collage. Material: Scissors, magazines, glue	I can drive (trace) lines. Material: Writing tool of choice	I can write my name. Material: Writing tool of choice
Response pg. 81	Response pg. 82	Response pg. 83	Response pg. 84	Response pg. 85

WEEK 18

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can use marshmallows to paint. Material: Paint, marshmallows	I can use cotton balls to create a snowy scene. Material: Cotton balls, glue	I can cut along the lines to create icicles. Material: Scissors	I can draw circles to create a snowman. Material: Writing tool of choice	I can color, trace, and write. Material: Writing tool of choice
Response pg. 86	Response pg. 87	Response pg. 88	Response pg. 89	Response pg. 90

WEEK 19

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can punch holes, cut, and glue. Material: Glue, scissors, hole puncher	I can tear and glue to create a melted snowman collage. Material: Glue, scissors, paper	I can fold and cut paper to create snowflakes. Material: Glue, scissors, paper	I can trace to complete the picture. Material: Writing tool of choice	I can trace the snowball letters. Material: Writing tool of choice
Response pg. 91	Response pg. 92	Response pg. 93	Response pg. 94	Response pg. 95

WEEK 20

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can dab and dot images. Material: Dabbers	I can use push pins to create a picture. Material: Push pins, soft surface	I can cut along lines. Material: Scissors	I can trace lines. Material: Writing tool of choice	I can trace the snowball letters. Material: Writing tool of choice
Response pg. 96	Response pg. 97	Response pg. 98	Response pg. 99	Response pg. 100

WEEK 21

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can squeeze glue to outline an object. Material: Glue bottle, glitter or sequins	I can dip and dot fuzzy poms to paint. Material: Paint, fuzzy poms	I can cut to make stems, blooms, and leaves to create a garden. Material: Paper scraps, scissors, glue	I can trace lines. Material: Writing tool of choice	I can write and reveal my mystery name. Material: White crayon and watercolors
Response pg. 101	Response pg. 102	Response pg. 103	Response pg. 104	Response pg. 105

WEEK 22

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can dab and dot images. Material: Dabbers	I can dip and dot to paint. Material: Paint, Q-tips	I can cut snips of paper for a feather look. Material: Paper scraps, scissors, glue	I can draw a self-portrait with detail. Material: Writing tool of choice	I can write and reveal mystery letters. Material: White crayon and watercolors
Response pg. 106	Response pg. 107	Response pg. 108	Response pg. 109	Response pg. 110

WEEK 23

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can punch holes, cut, and glue. Material: Glue, scissors, hole puncher	I can use push pins to create a picture. Material: Push pins, soft surface	I can use scissors to create grass fringe. Material: 2.5-inch green strips of paper, scissors	I can trace loop lines. Material: Writing tool of choice	I can write and reveal mystery numbers. Material: White crayon and watercolors
Response pg. 111	Response pg. 112	Response pg. 113	Response pg. 114	Response pg. 115

WEEK 24

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can use droppers to fill raindrops. Material: Paint, droppers	I can peel and stick stickers to complete the ladybugs. Material: Stickers, crayons	I can cut and glue yarn/string for worms. Material: Scissors, yarn/string, glue	I can trace circles and color them to match a pattern. Material: Writing tool of choice	I can trace letters. Material: Writing tool of choice
Response pg. 116	Response pg. 117	Response pg. 118	Response pg. 119	Response pg. 120

WEEK 25

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can paint a butterfly with my handprints. Material: Paint	I can roll crumbled tissue paper balls (blossoms). Material: Tissue paper, glue	I can use scissors to cut a spiraled snake. Material: Scissors	I can trace to complete the picture. Material: Writing tool of choice	I can print my name multiple times as each sunray. Material: Writing tool of choice
Response pg. 121	Response pg. 122	Response pg. 123	Response pg. 124	Response pg. 125

WEEK 26

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can stamp/paint with plastic dinosaurs. Material: Paint, plastic dinosaurs	I can dip and dot to paint. Material: Paint, Q-tips	I can cut and glue the dinosaur puzzle. Material: Scissors, crayons, glue	I can trace and color ovals (eggs). Material: Writing tool of choice	I can write my name. Material: Writing tool of choice
Response pg. 126	Response pg. 127	Response pg. 128	Response pg. 129	Response pg. 130

WEEK 27

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can thumbprint paint bees. Material: Paint, black marker	I can stamp with my finger to put ants on a log. Material: Paint	I can use scissors to create grass fringe. Material: 2.5-inch green strips of paper, scissors	I can trace lines. Material: Writing tool of choice	I can write and reveal mystery words. Material: White crayon and watercolors
Response pg. 131	Response pg. 132	Response pg. 133	Response pg. 134	Response pg. 135

WEEK 28

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can paint the pig to be muddy. Material: Paint, painting tools	I can use stickers to create a farm scene. Material: Stickers	I can cut strips of paper to add straw in the barn. Material: Paper scraps, scissors, glue	I can trace to complete the picture. Material: Writing tool of choice	I can write and reveal a mystery farm animal. Material: White crayon and watercolors
Response pg. 136	Response pg. 137	Response pg. 138	Response pg. 139	Response pg. 140

WEEK 29

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can dab and dot images. Material: Dabbers	I can use push pins to create a picture. Material: Push pins, soft surface	I can cut along lines. Material: Scissors	I can draw circles and lines to create suns. Material: Writing tool of choice	I can write with sidewalk chalk. Material: Sidewalk chalk
Response pg. 141	Response pg. 142	Response pg. 143	Response pg. 144	Response pg. 145

Day 1	Day 2	Day 3	Day 4	Day 5
Wrist + Hand	Hand + Finger	Scissors	Draw + Write	Printing
I can squeeze glue to outline an object. Material: Glue, sand or glitter	I can tear and glue tissue paper scales. Material: Scrap paper, tissue paper, glue	I can cut yarn/string to create a sun. Material: Yarn/string, scissors, glue	I can draw a friend's portrait. Material: Crayons or writing tool of choice	I can rainbow write my name. Material: Writing tool of choice
Response pg. 146	Response pg. 147	Response pg. 148	Response pg. 149	Response pg. 150

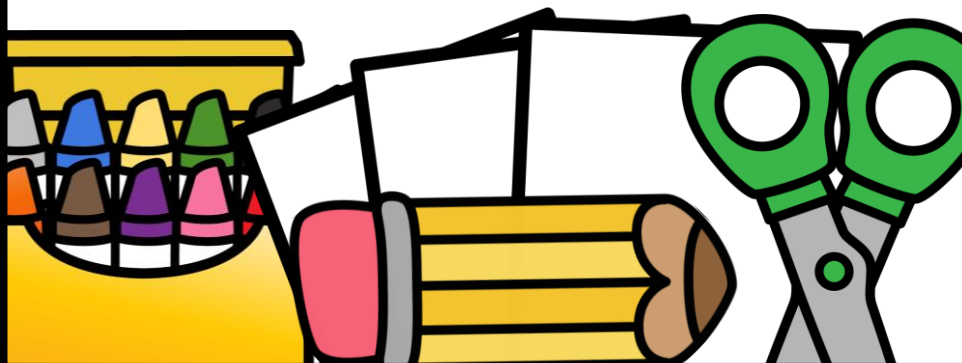
Journal Labels



FINE MOTOR LESSON ROUTINES + ACTIVITIES

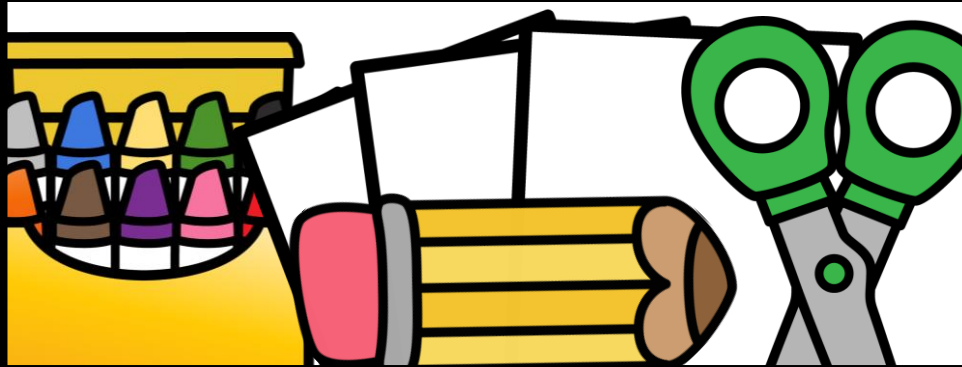
_____’S

FINE MOTOR JOURNAL



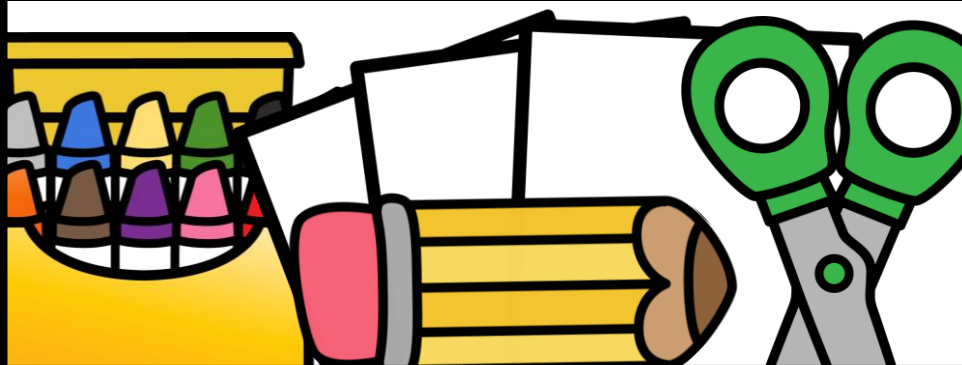
_____’S

FINE MOTOR JOURNAL



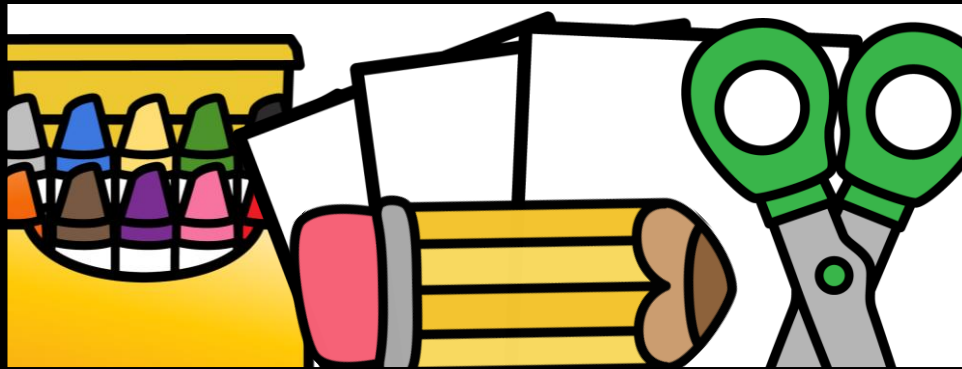
_____ 'S

NOTEBOOK

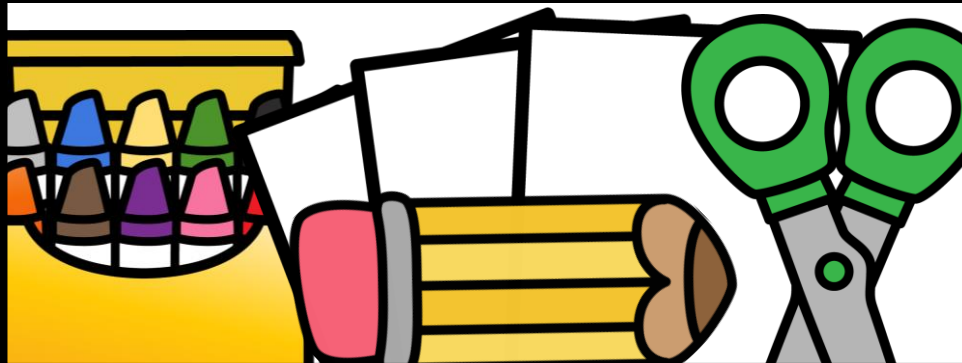


_____ 'S

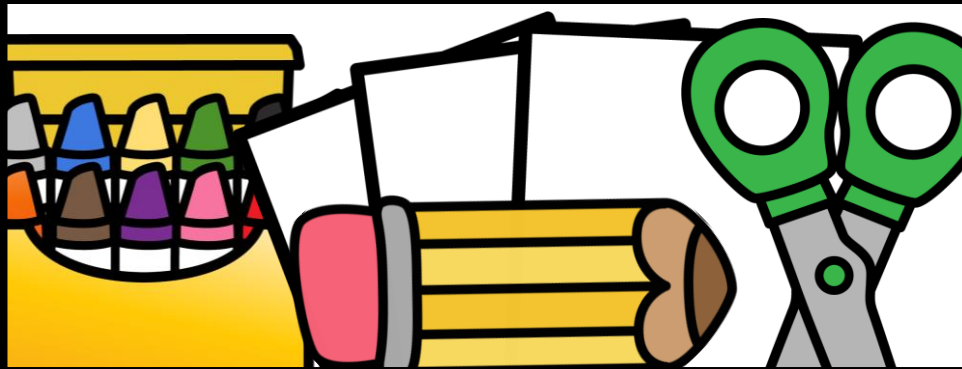
NOTEBOOK



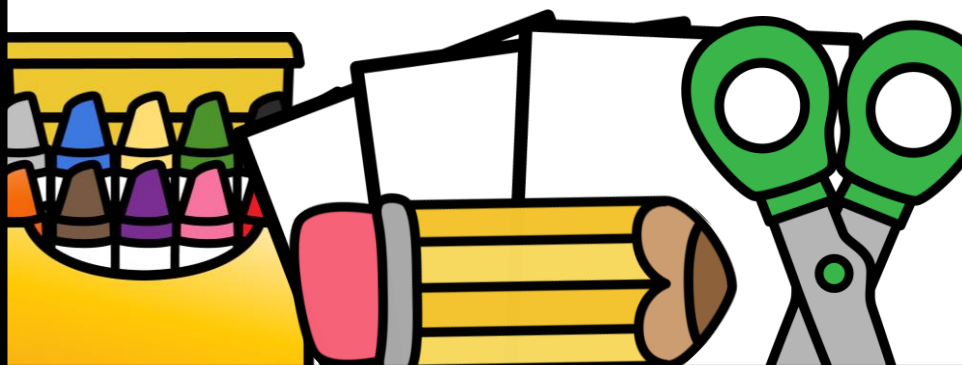
JOURNAL



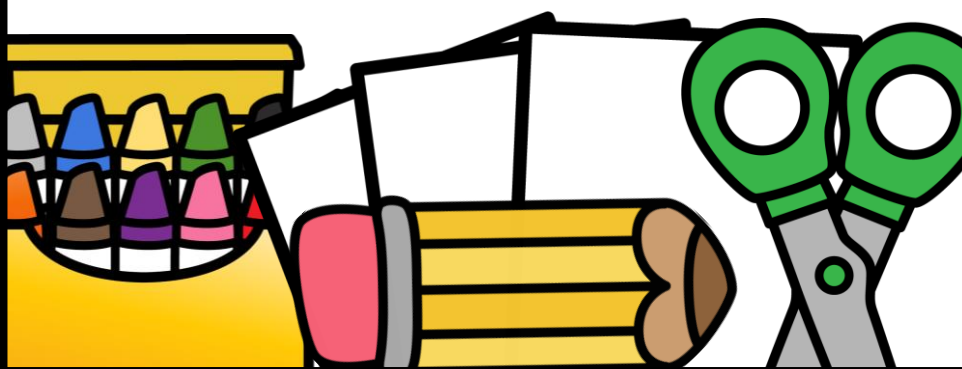
JOURNAL



NOTEBOOK



NOTEBOOK



Activity Pages



FINE MOTOR

LESSON ROUTINES + ACTIVITIES

Name:

Wrist + Hand



I can use stamps to create a picture.

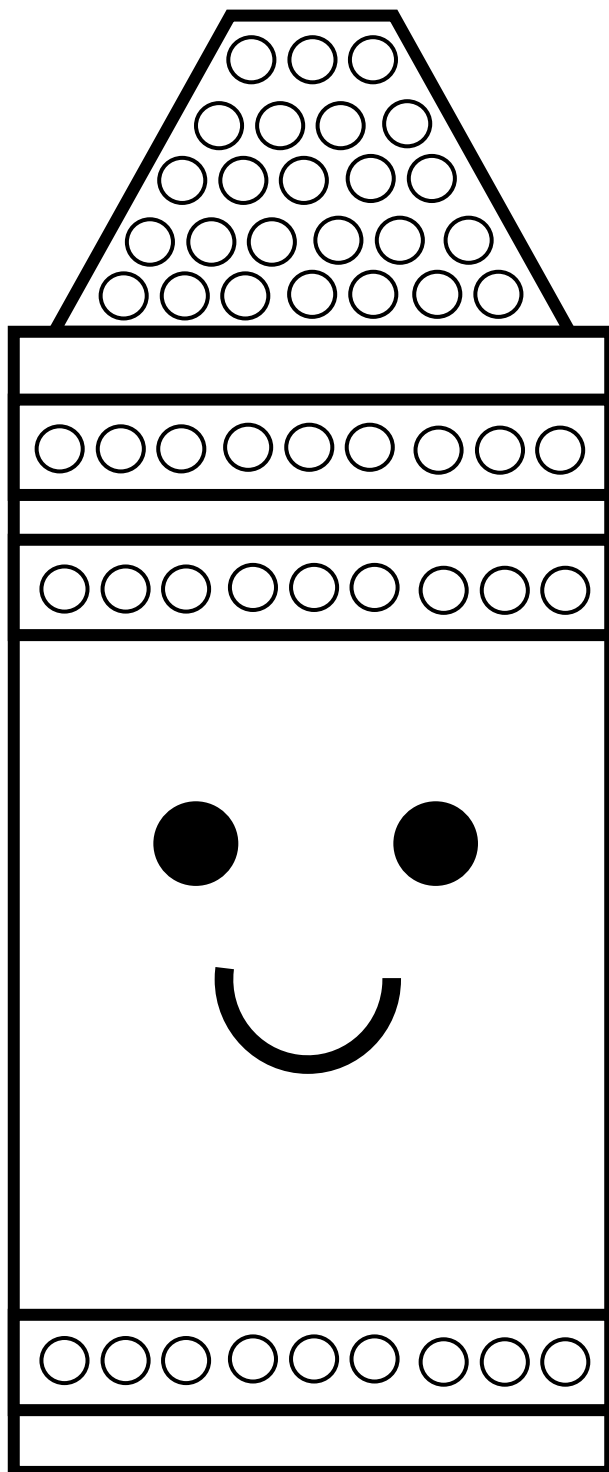


Name: _____

Hand + Finger



I can dip and dot to paint.



Name:

Scissors



I can cut and glue strings.

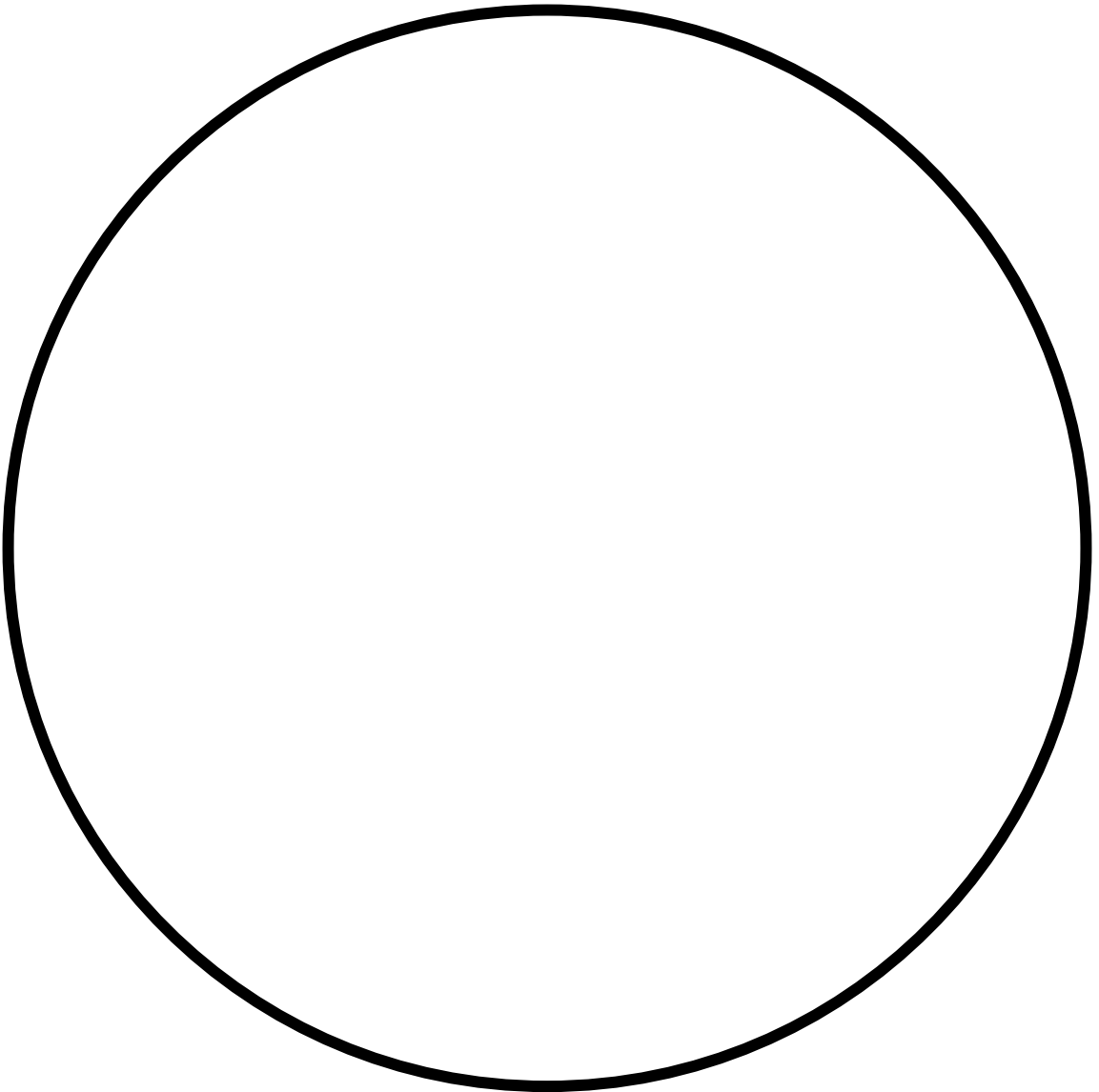


Name: _____

Draw + Write



I can draw a self-portrait.

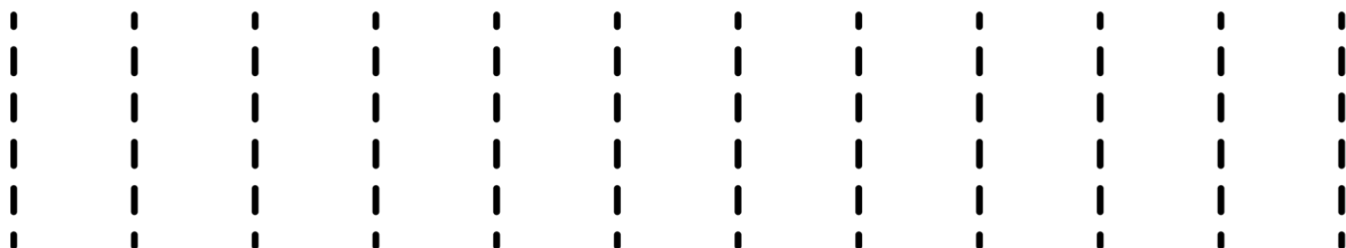
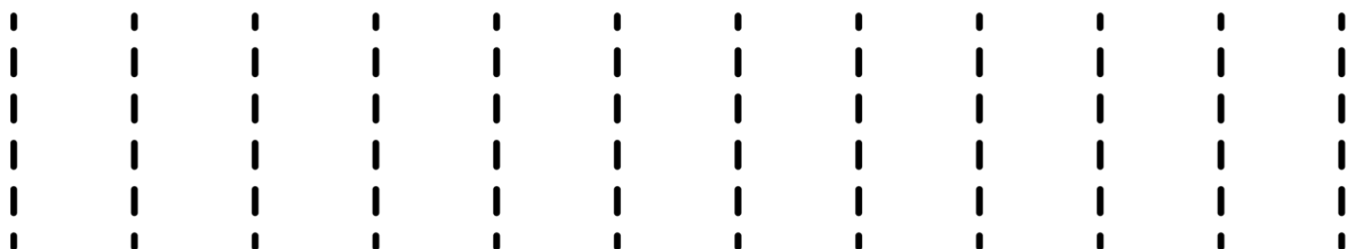
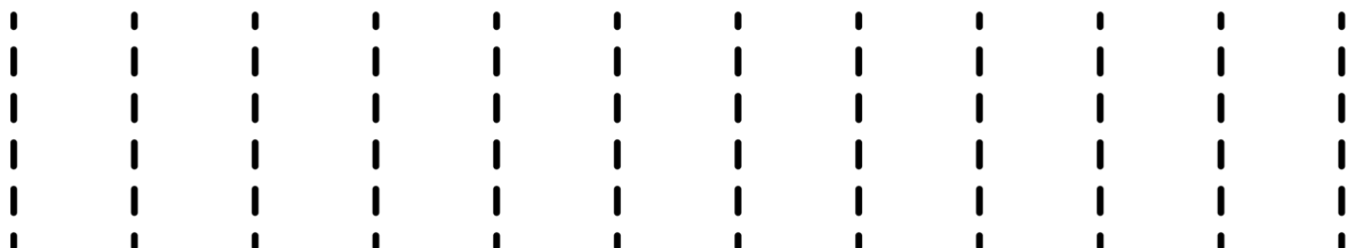
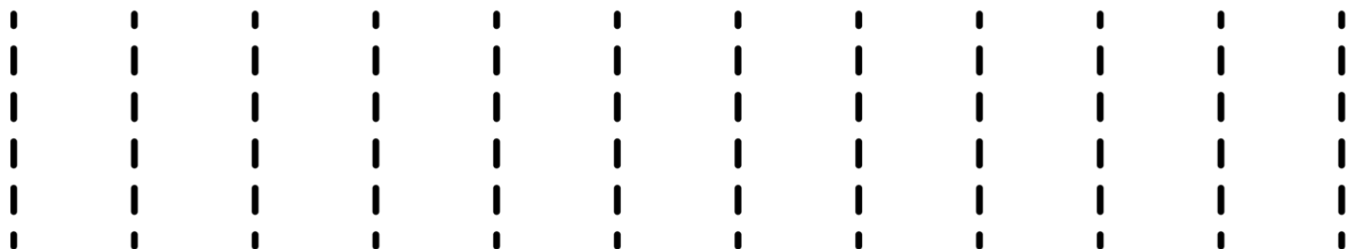


Name: _____

Printing



I can trace lines.

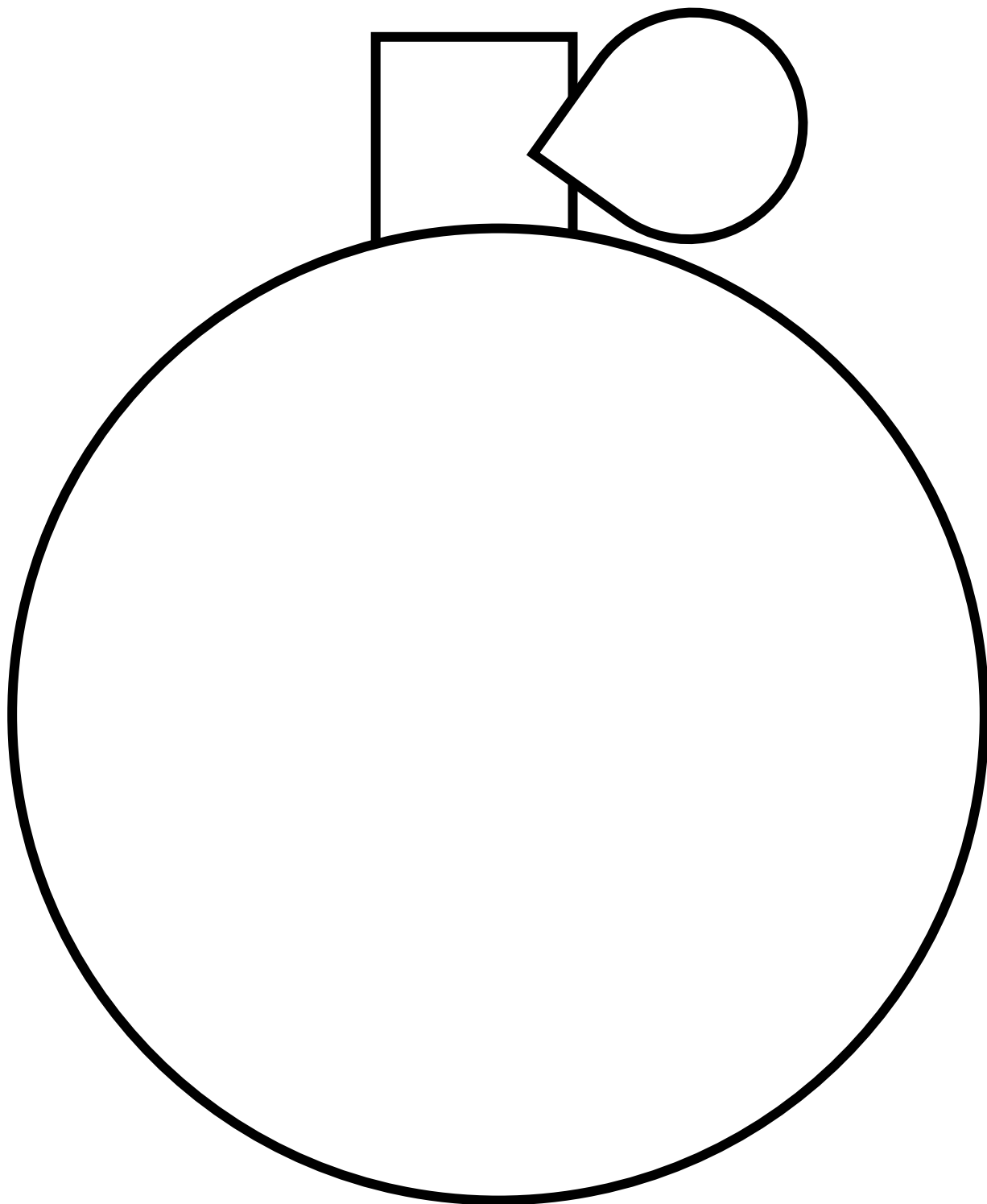


Name: _____

Wrist + Hand



I can tear and glue pieces of paper.

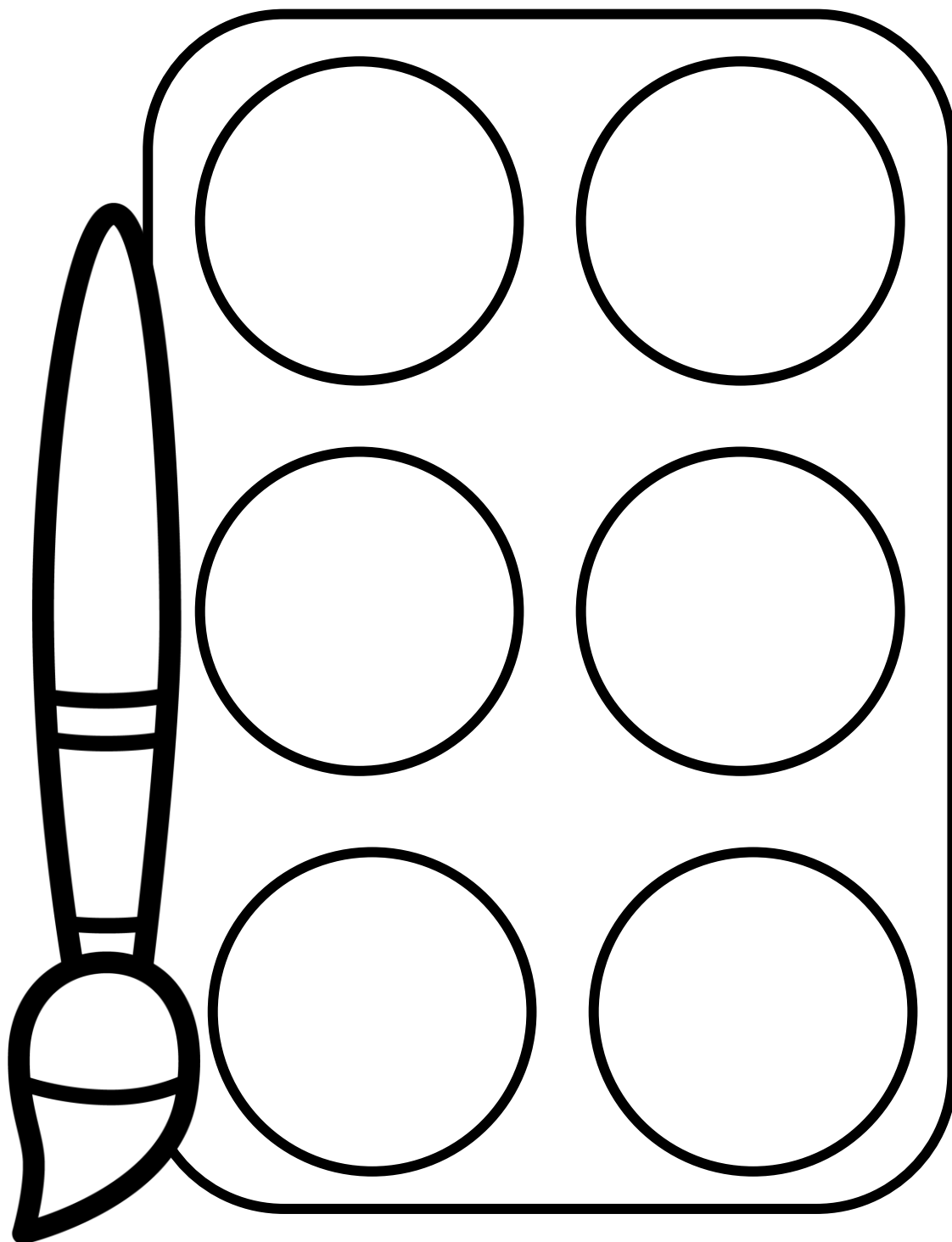


Name: _____

Hand + Finger



I can paint with cotton balls.

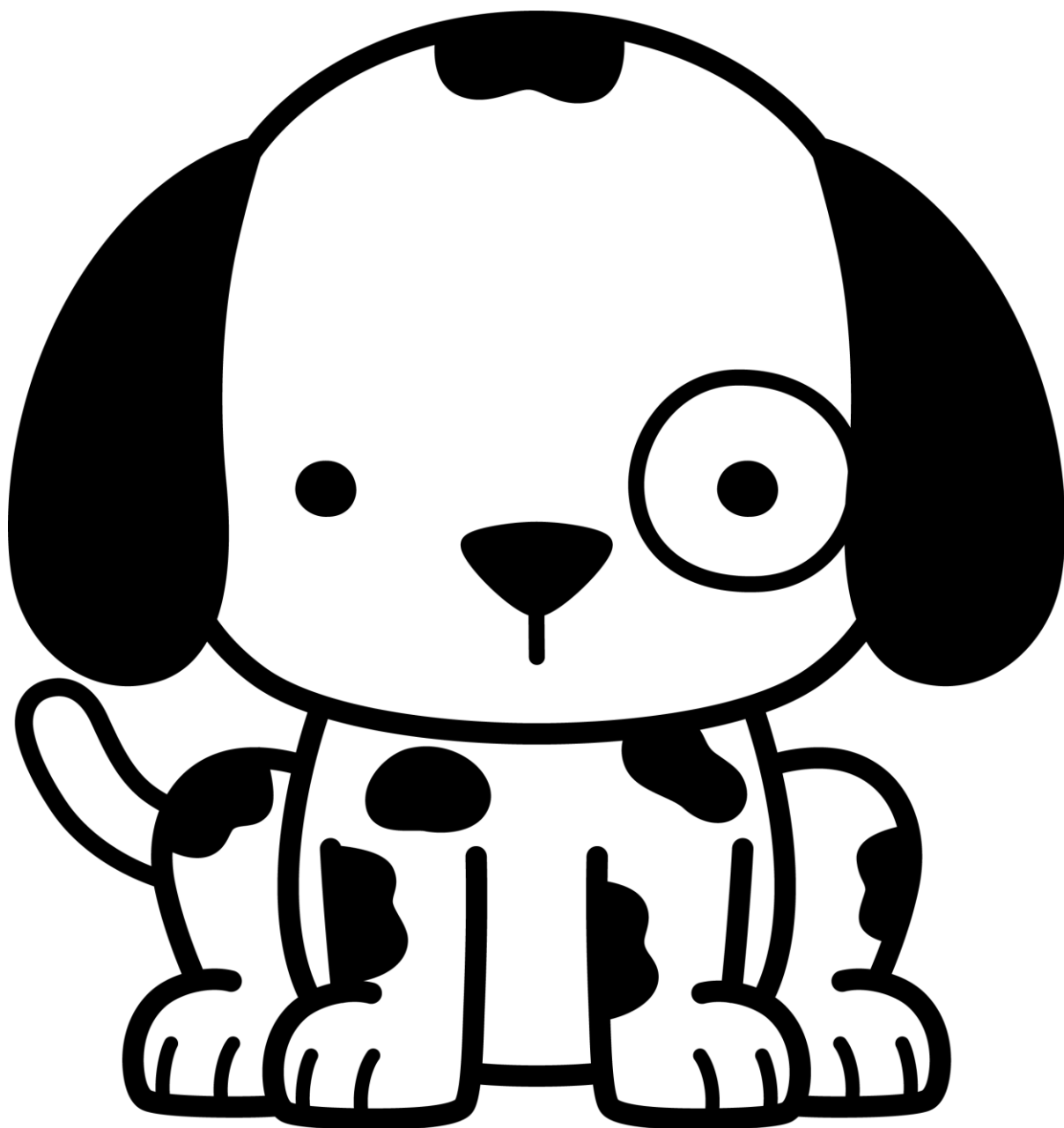


Name: _____

Scissors



I can cut and glue grass fringe.



glue here

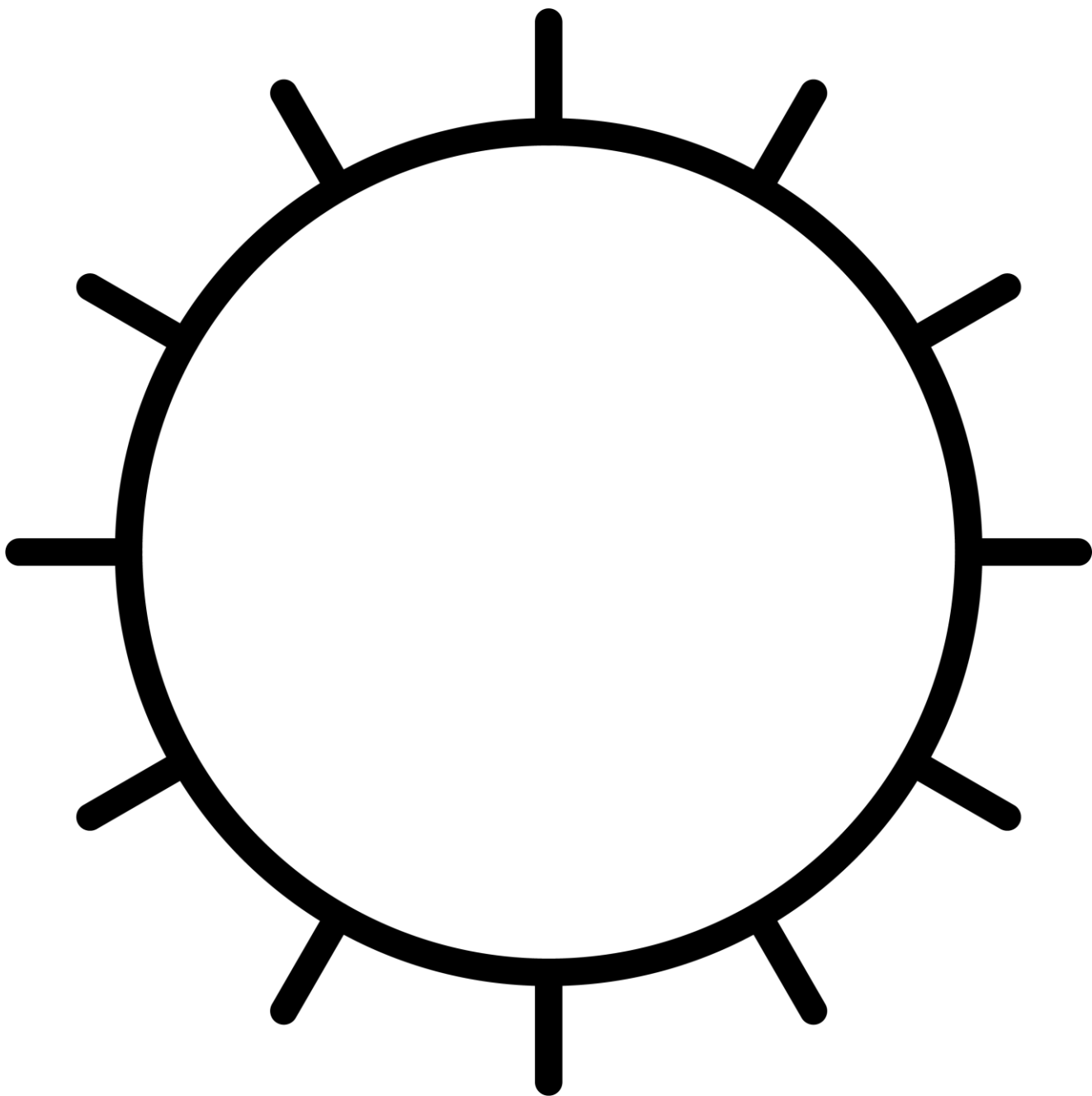


Name: _____

Draw + Write



I can rub crayons.

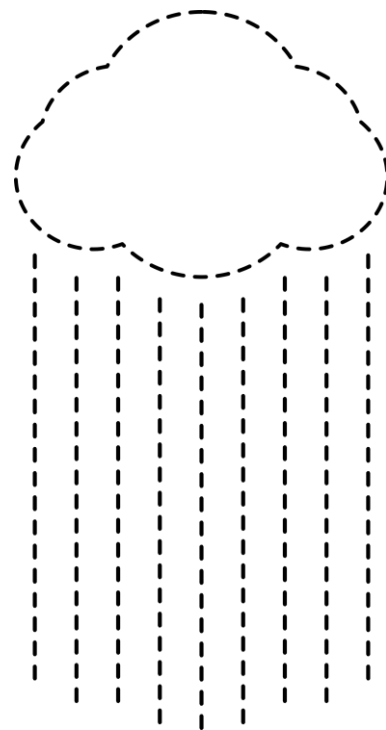
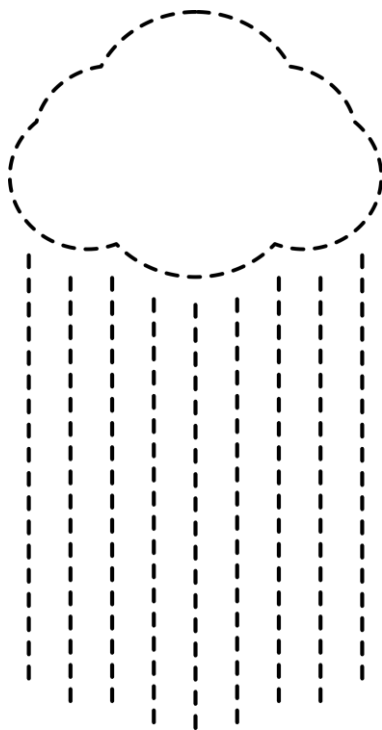
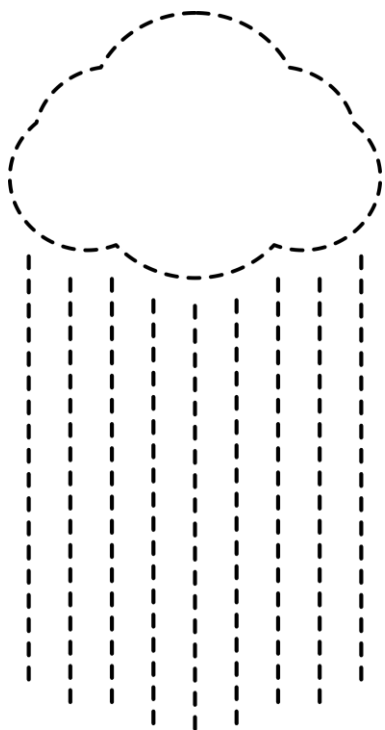
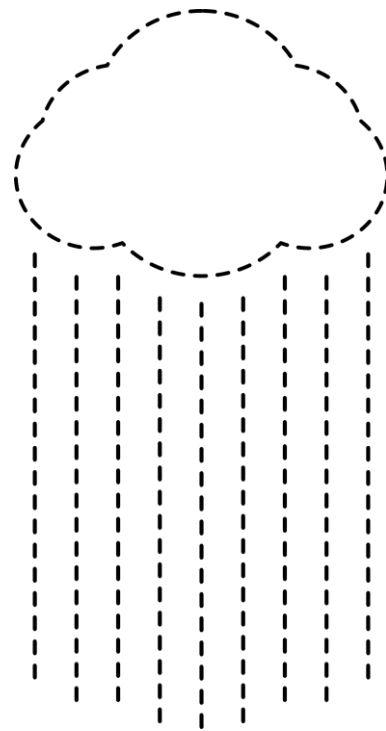
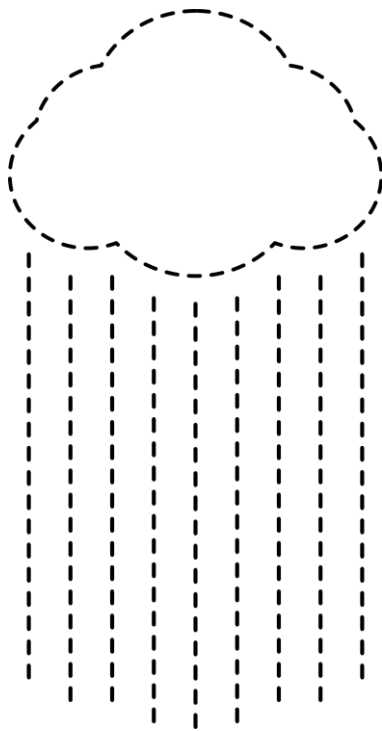
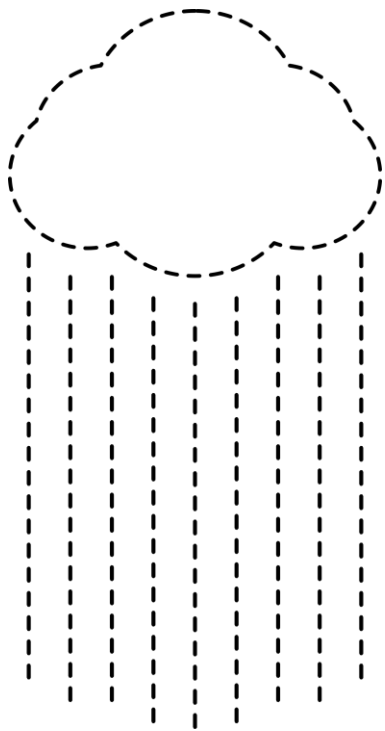


Name: _____

Printing



I can trace lines.



Name: _____

Wrist + Hand



I can use stamps to create a story.

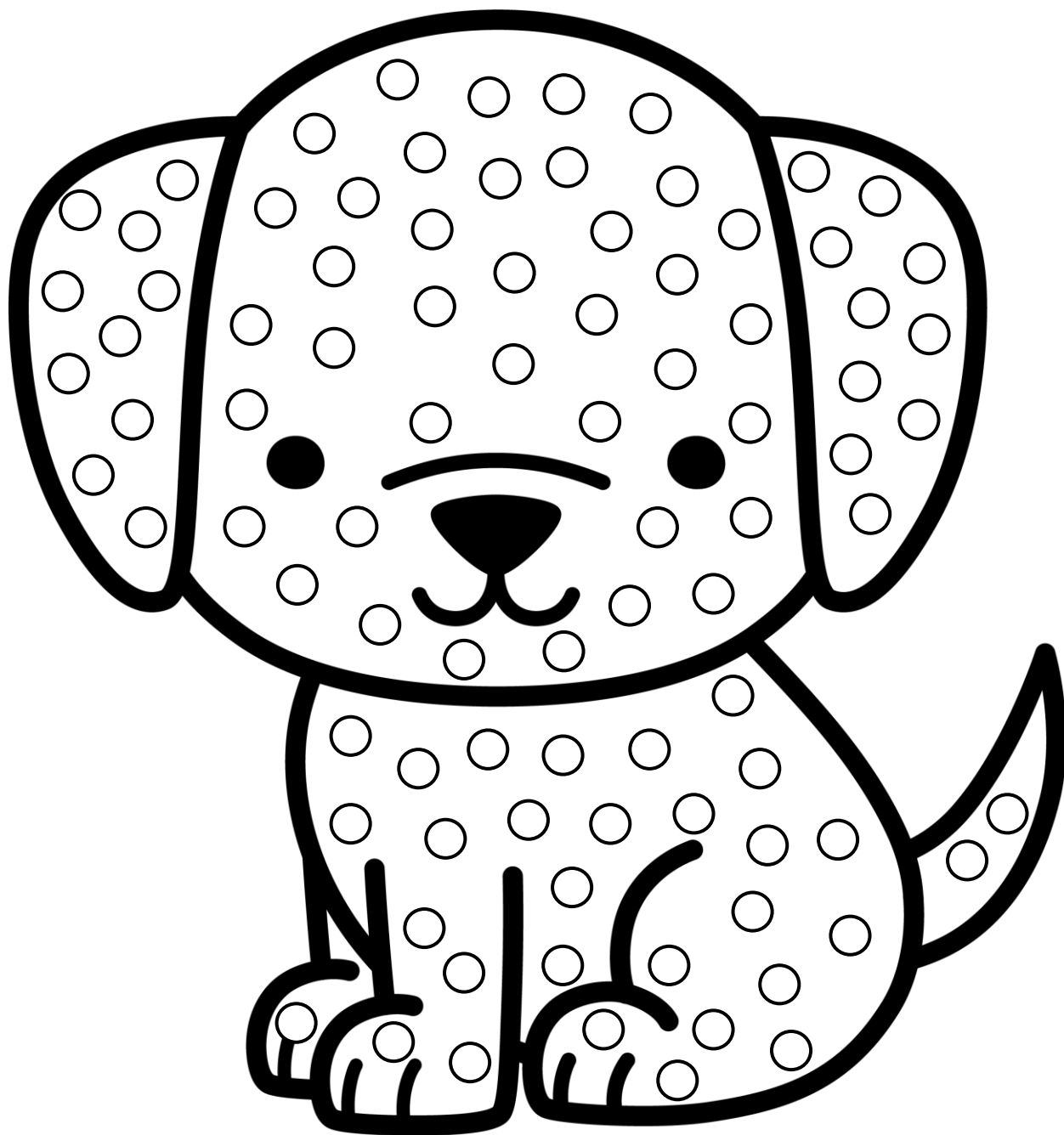


Name: _____

Hand + Finger



I can dip and dot to paint.

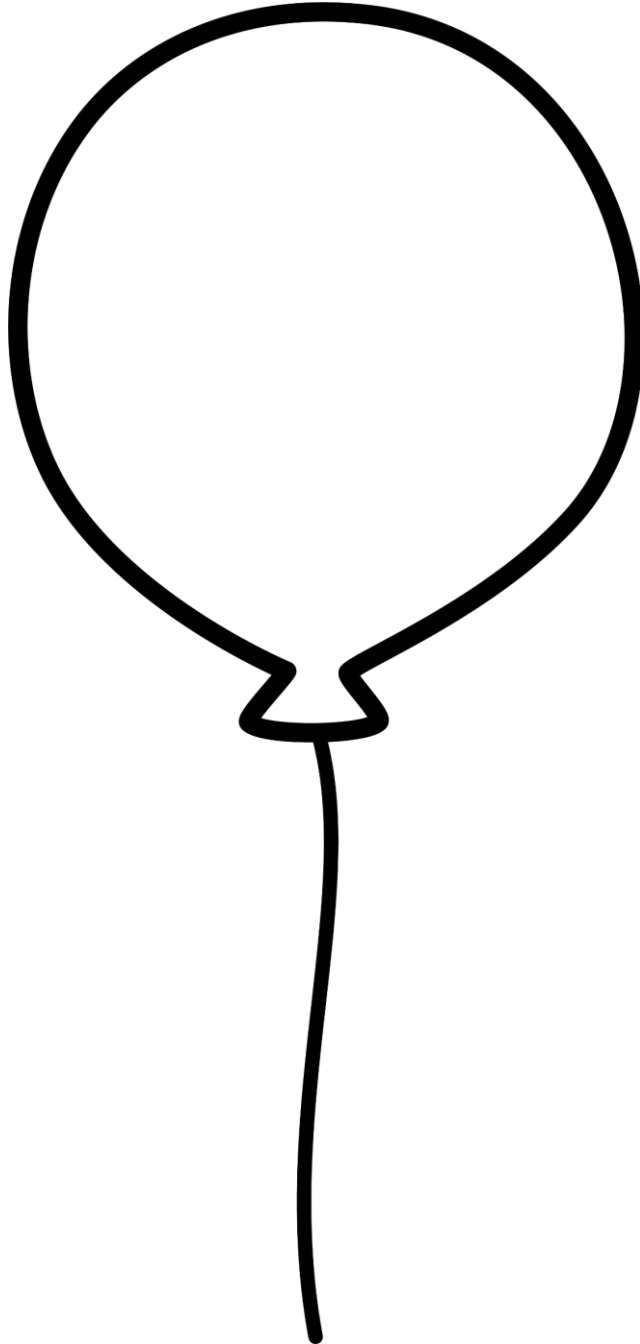


Name: _____

Scissors



I can cut and glue confetti.



Name: _____

Draw + Write



I can draw a family portrait.



Name: _____

Printing



I can trace lines.

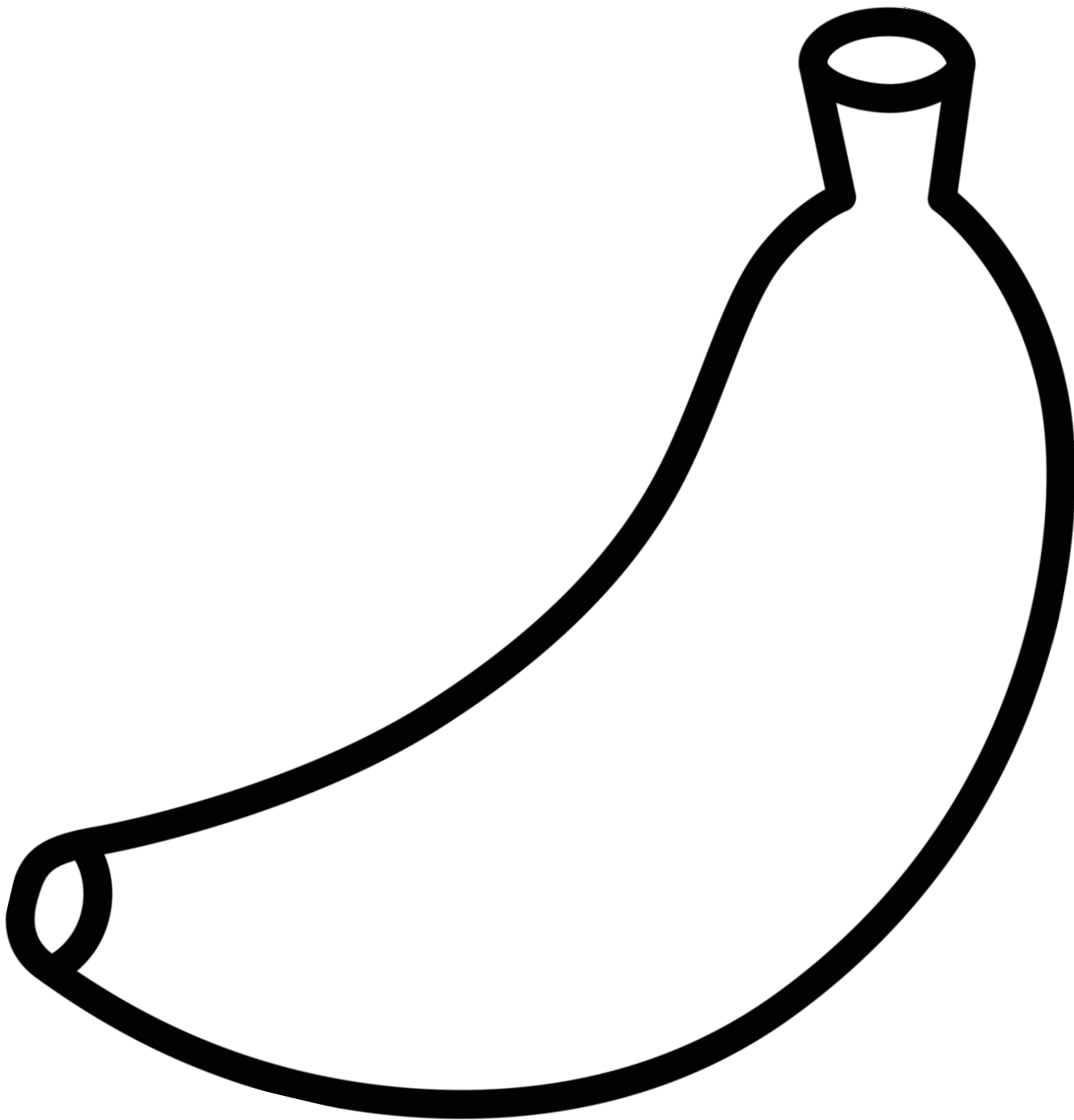


Name: _____

Wrist + Hand



I can tear and glue pieces of paper.

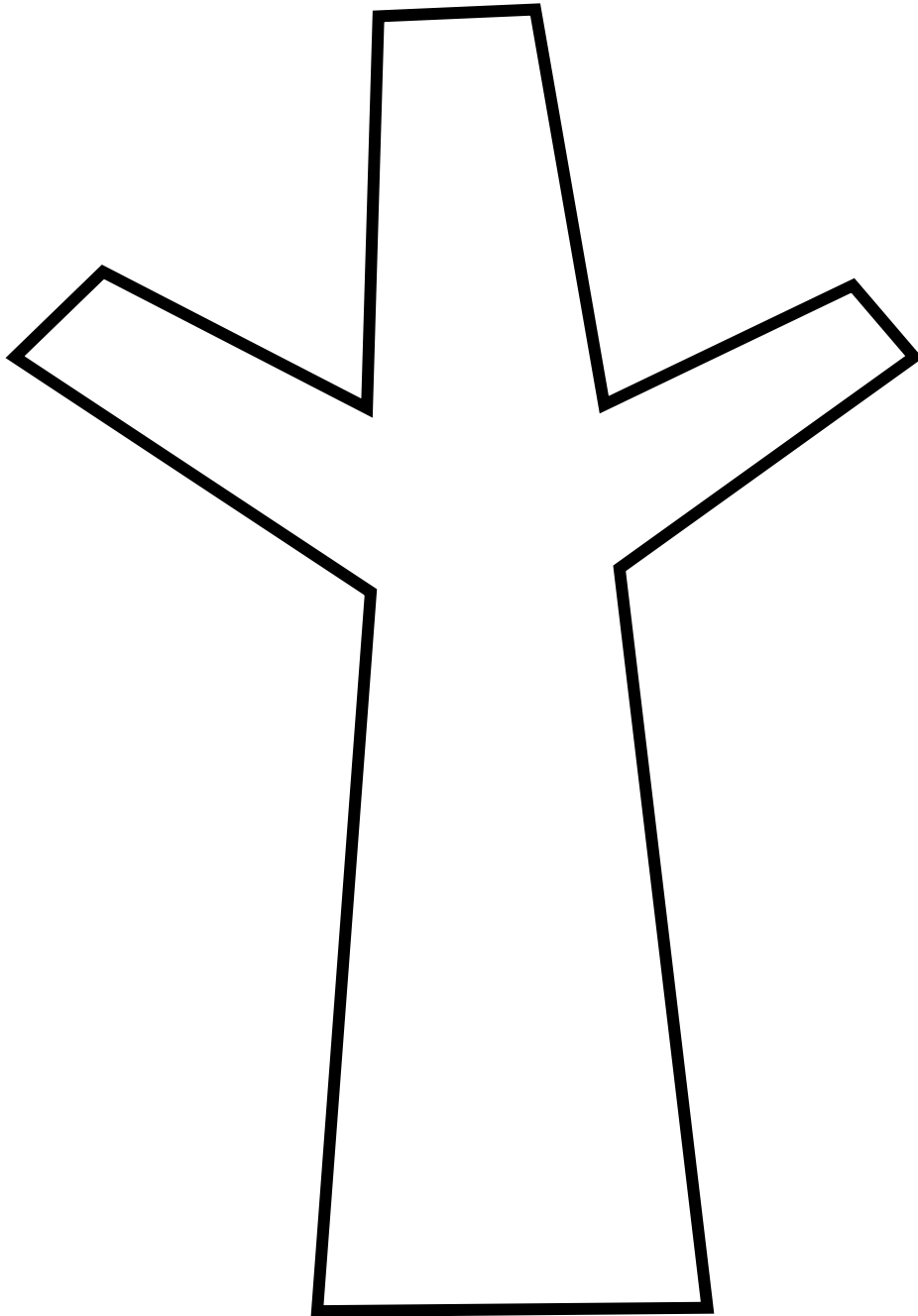


Name: _____

Hand + Finger



I can use my fingertips to paint.

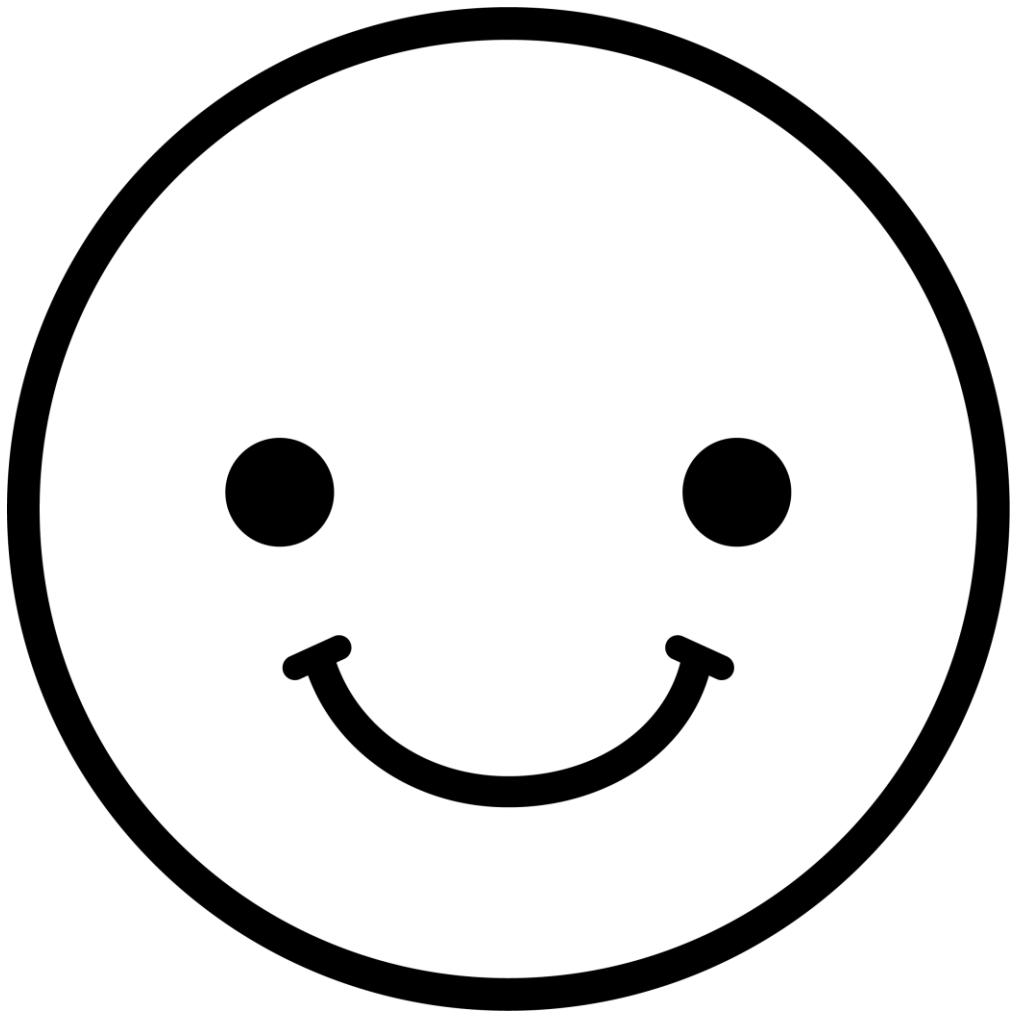


Name: _____

Scissors



I can cut and glue hair fringe.

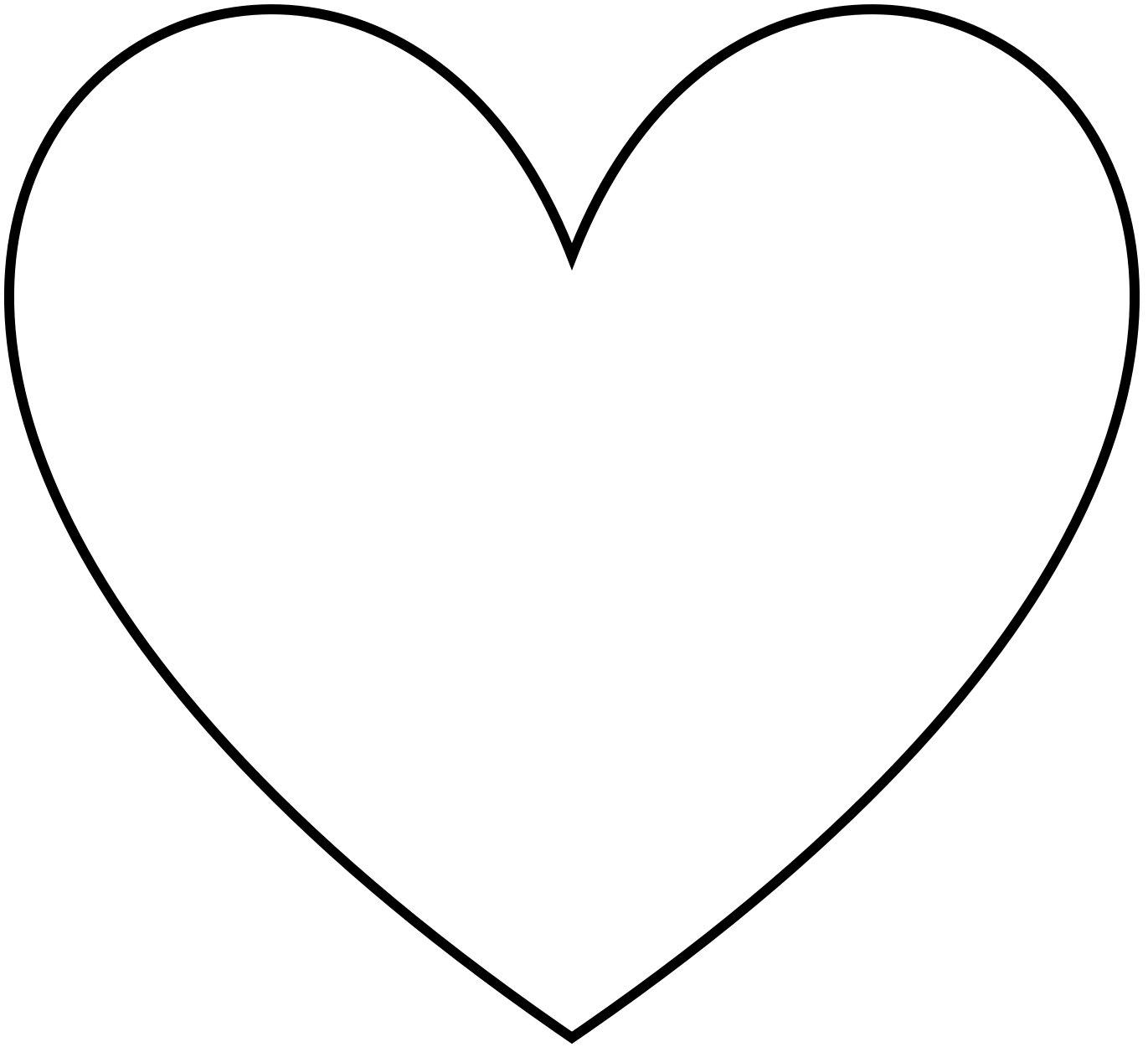


Name: _____

Draw + Write



I can rub crayons.



Name: _____

Printing



I can trace lines.

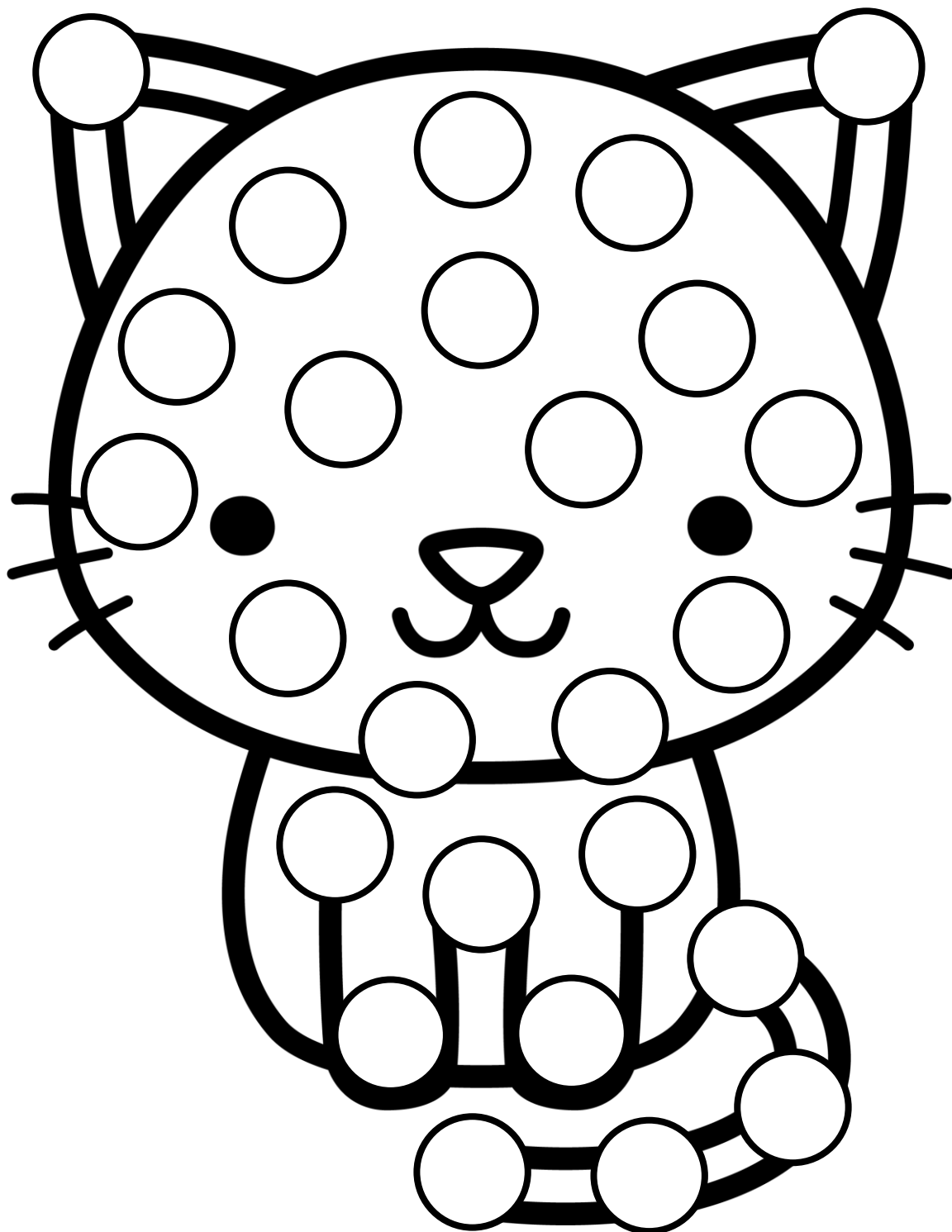


Name: _____

Wrist + Hand



I can dab and dot images.



Name:

Hand + Finger



I can use stickers to tell a story.

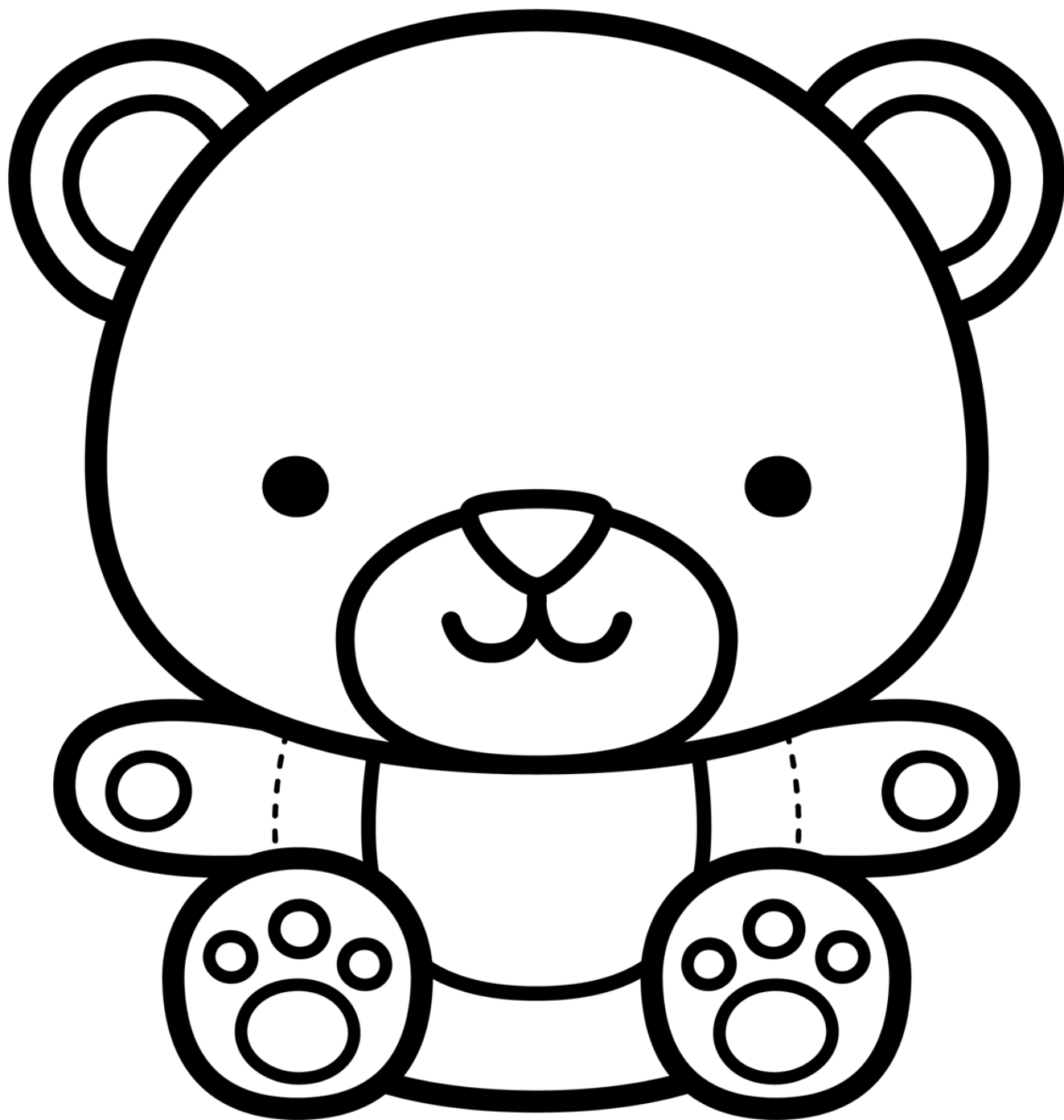


Name: _____

Scissors



I can cut and glue fur (string).



Name:

Draw + Write



I can draw a friend's portrait.

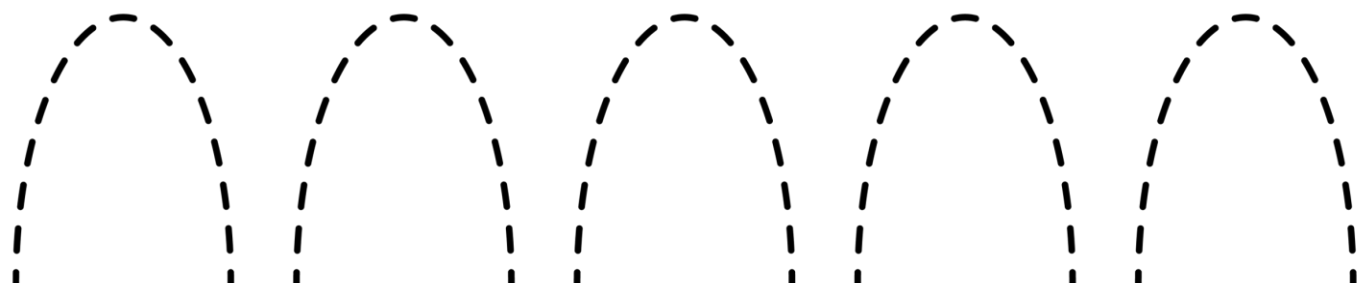
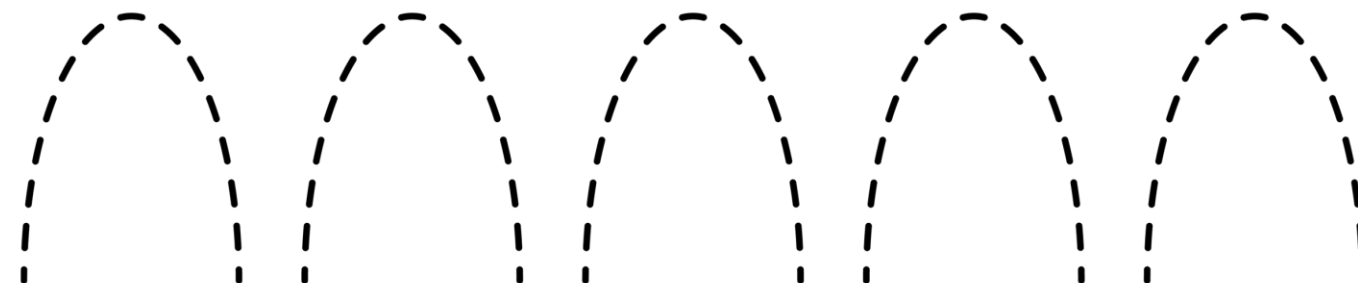
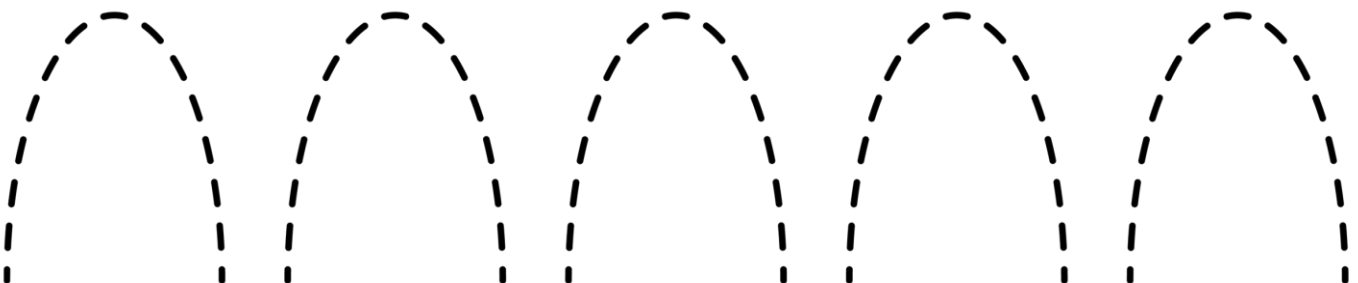
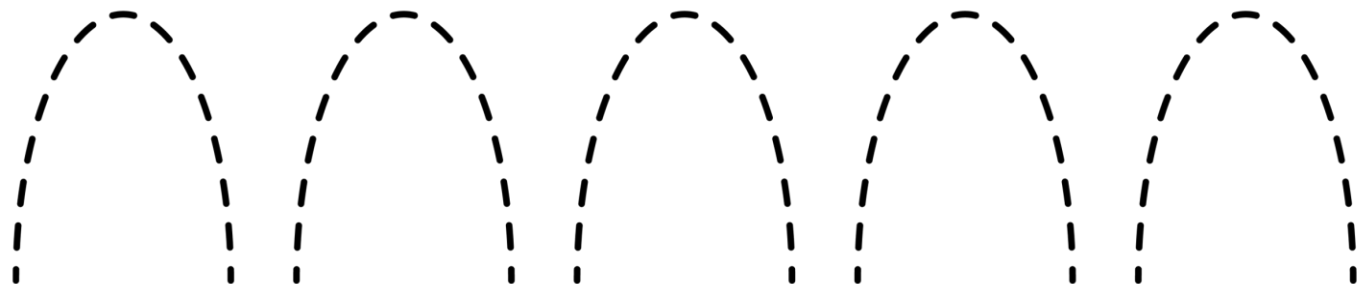


Name: _____

Printing



I can trace lines.

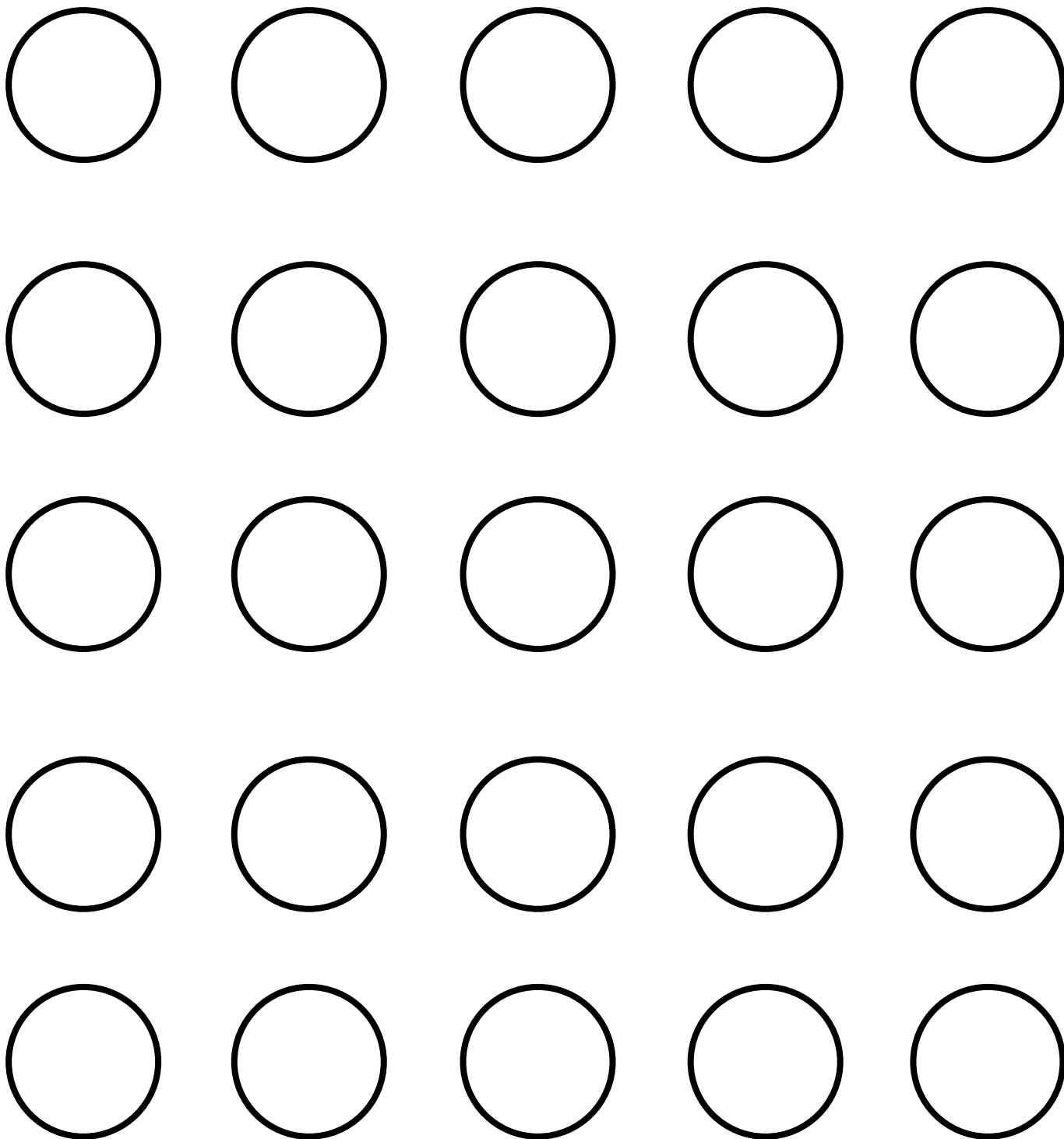


Name: _____

Wrist + Hand



I can dab and dot circles.

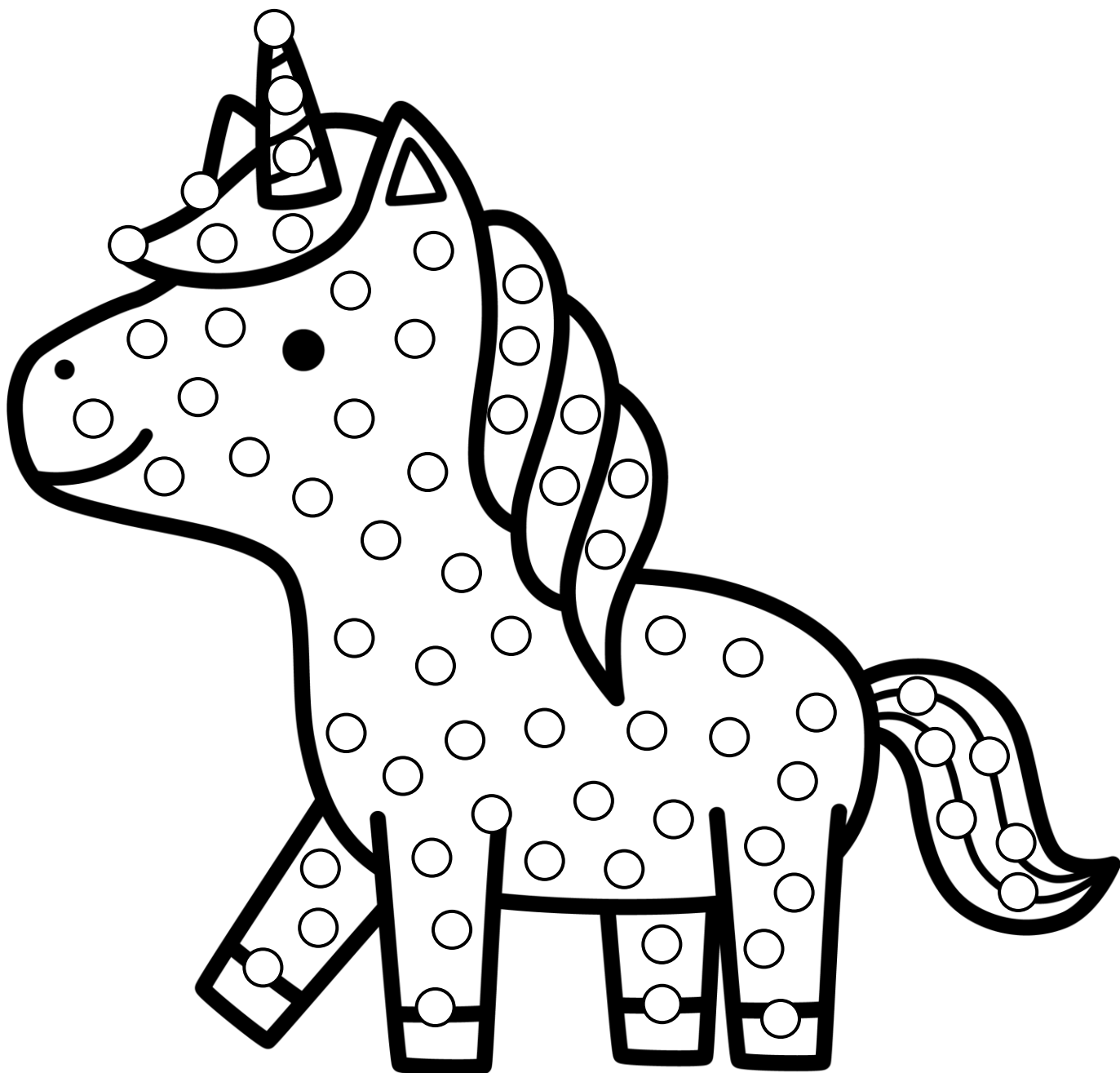


Name: _____

Hand + Finger



I can dip and dot to paint.



Name: _____

Scissors



I can cut and glue paper strips.

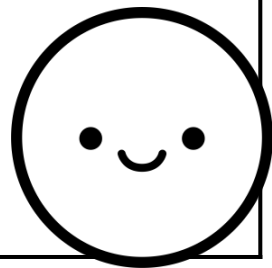


Name: _____

Draw + Write



I can draw circles.

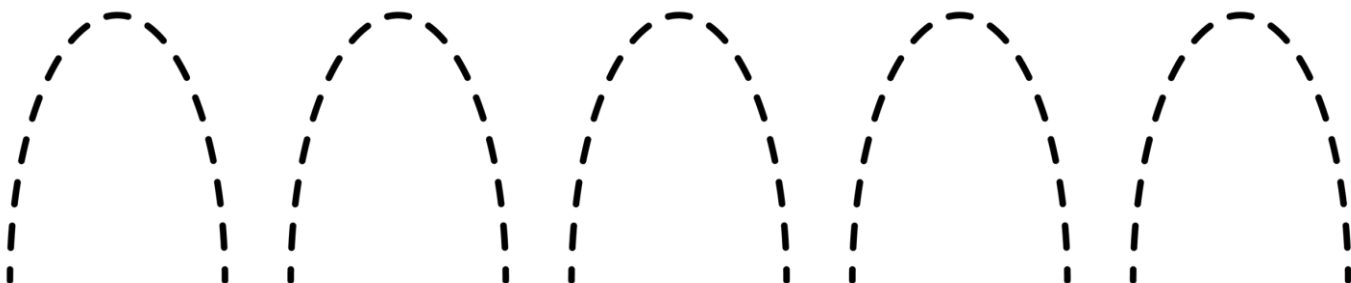
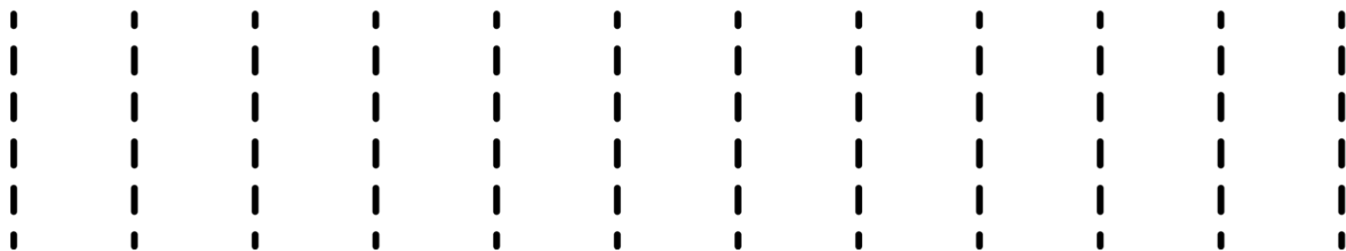


Name: _____

Printing



I can trace lines.

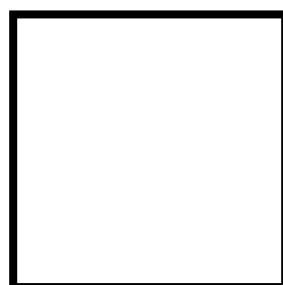
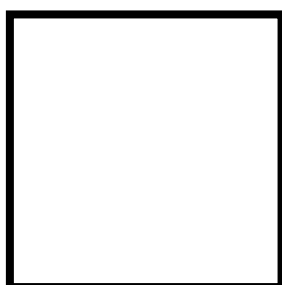
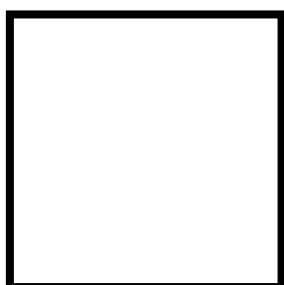
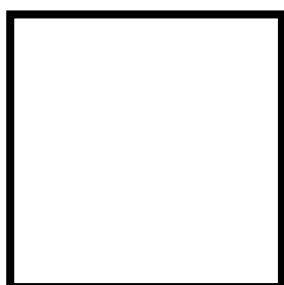
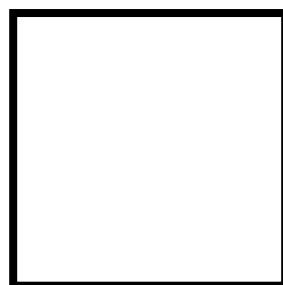
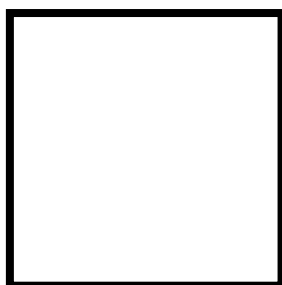
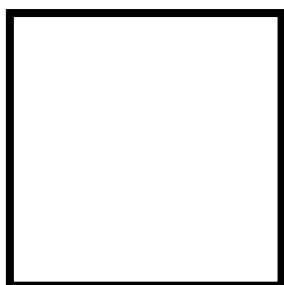
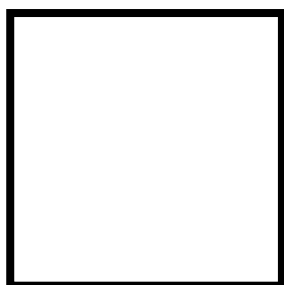
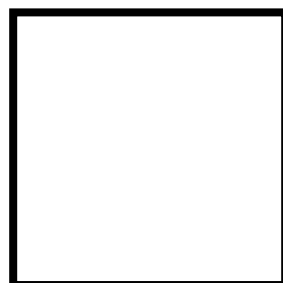
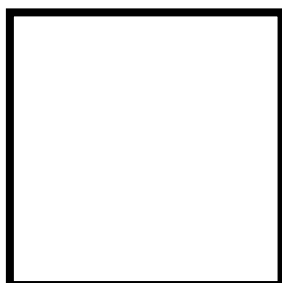
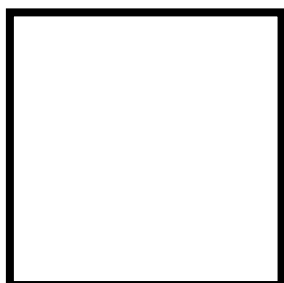
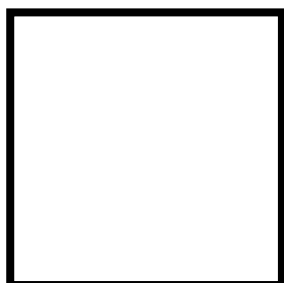
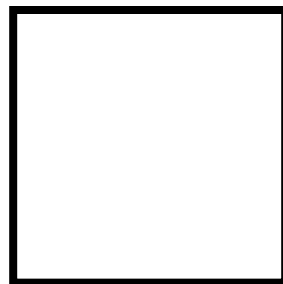
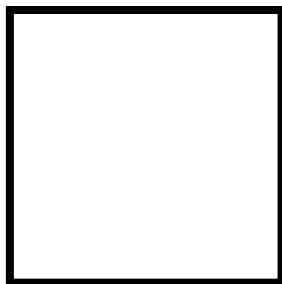
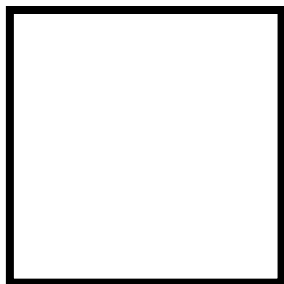
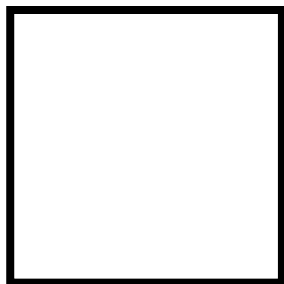


Name: _____

Wrist + Hand



I can stamp letters.

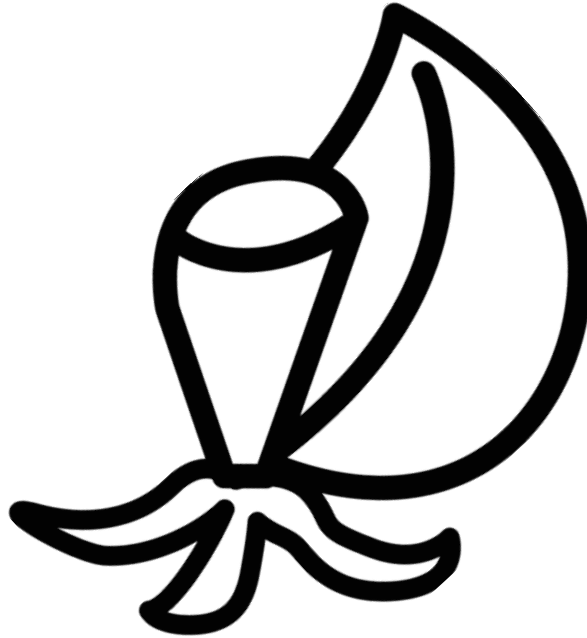


Name: _____

Hand + Finger



I can use my fingertips to paint.



Name:

Scissors



I can cut and glue leaves.

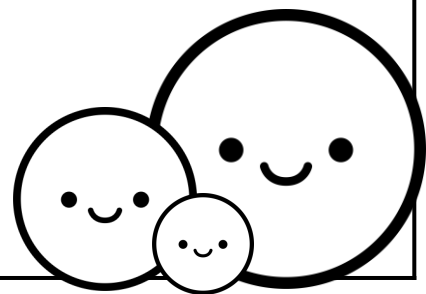


Name: _____

Draw + Write



I can draw circles.

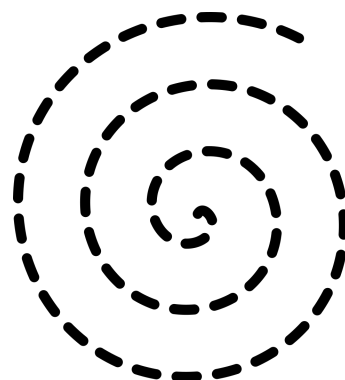
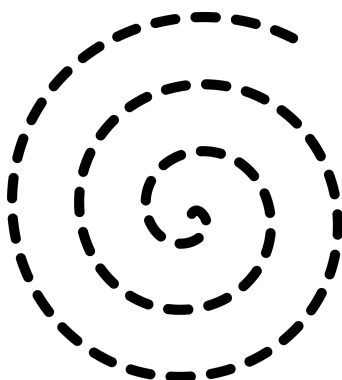
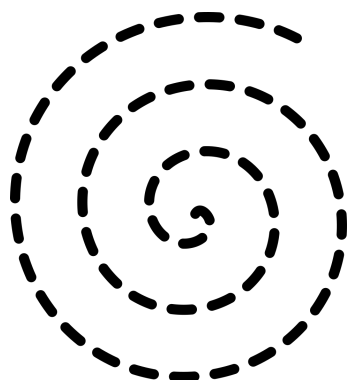
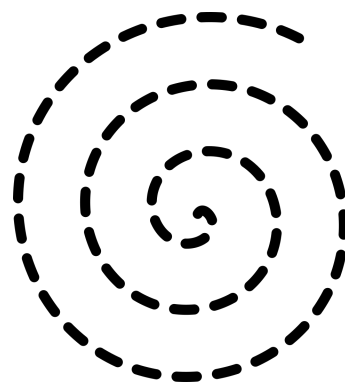
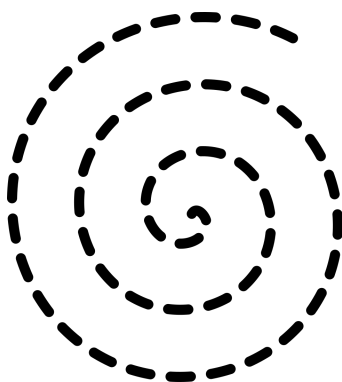
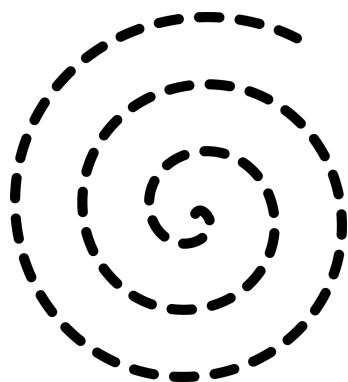
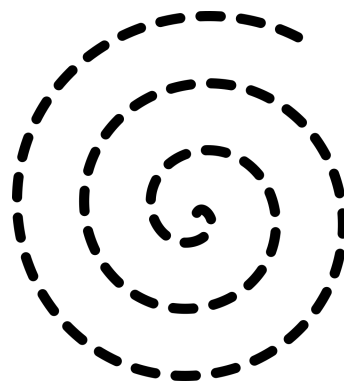
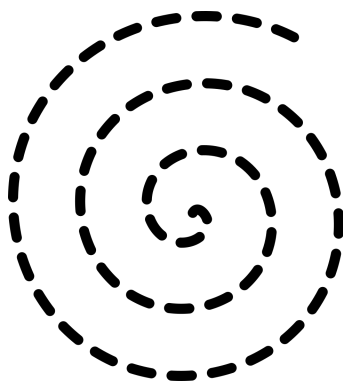
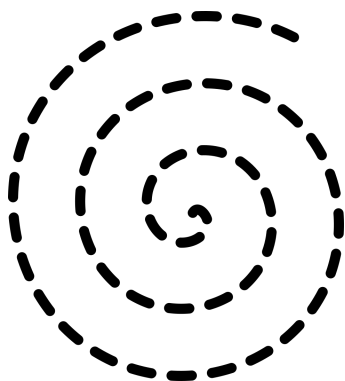


Name: _____

Printing



I can trace lines.

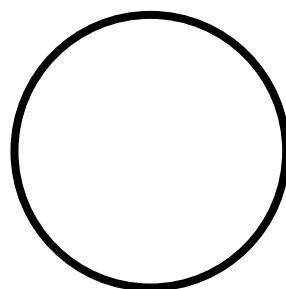
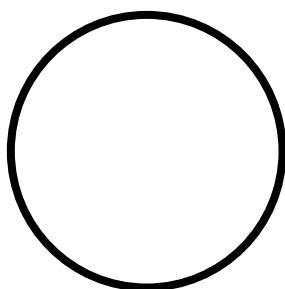
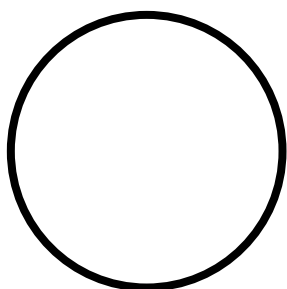
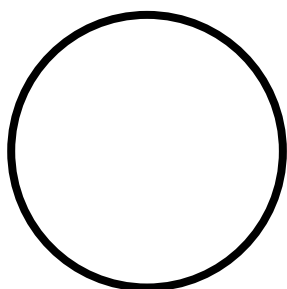
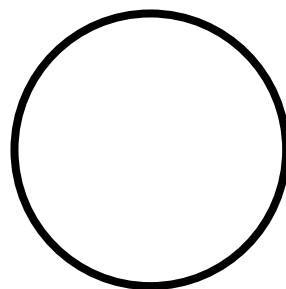
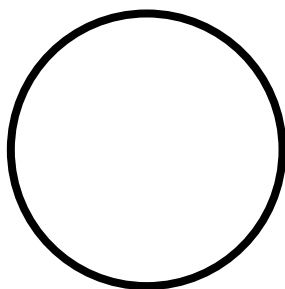
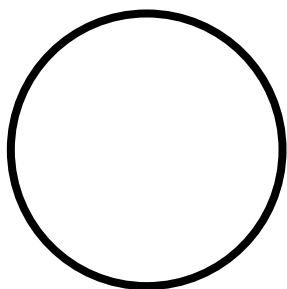
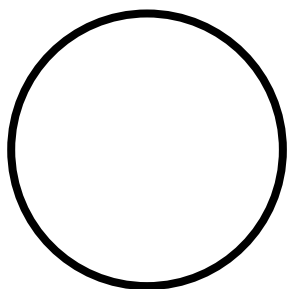
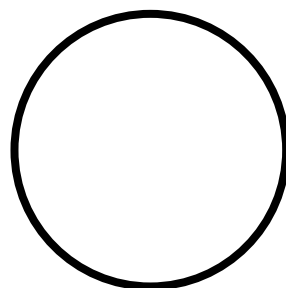
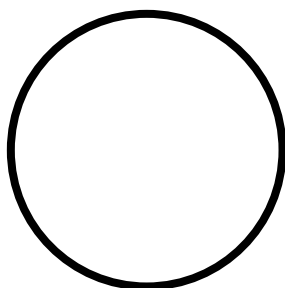
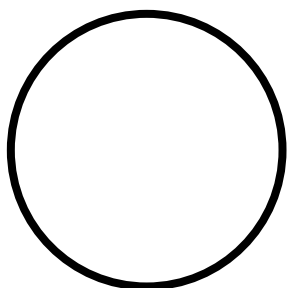
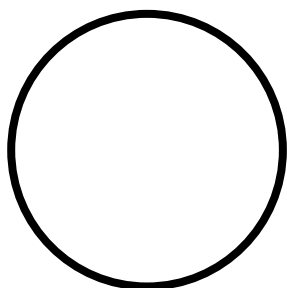
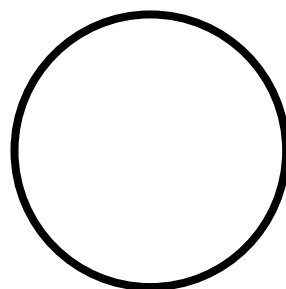
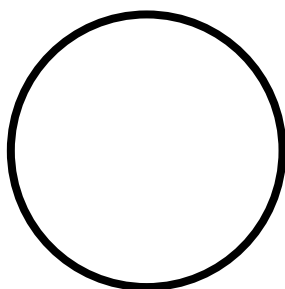
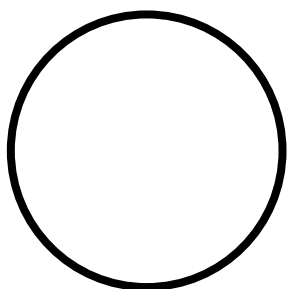
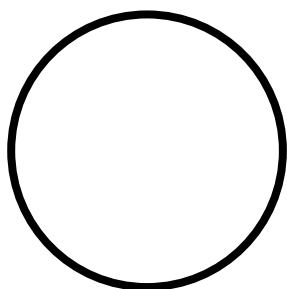


Name: _____

Wrist + Hand



I can stamp circles.

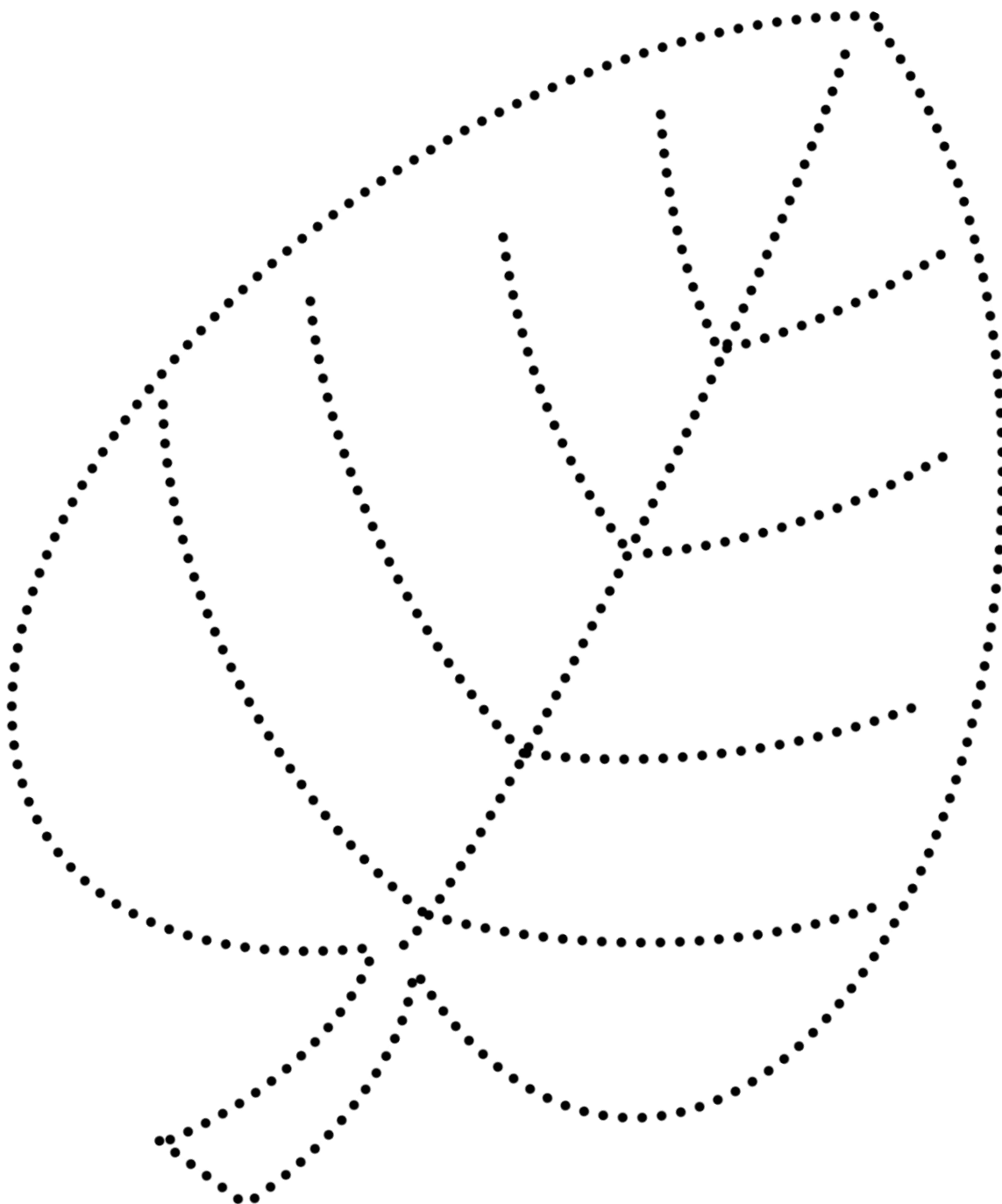


Name: _____

Hand + Finger



I can use push pins.



Name:

Scissors



I can create a mosaic.



Name: _____

Draw + Write



I can draw triangles.

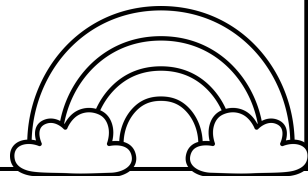


Name: _____

Printing



I can rainbow write my name.

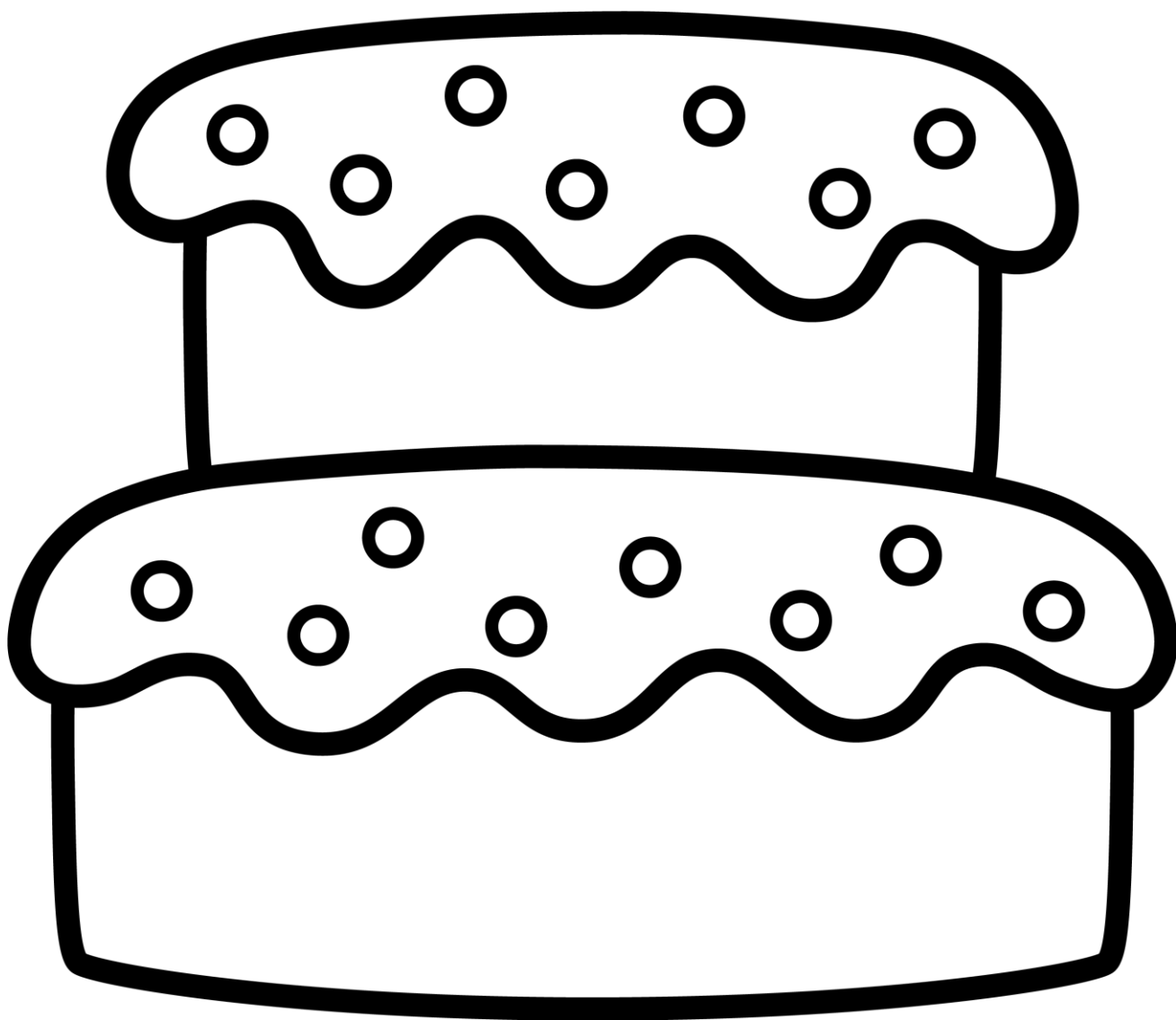


Name: _____

Wrist + Hand



I can squeeze glue.

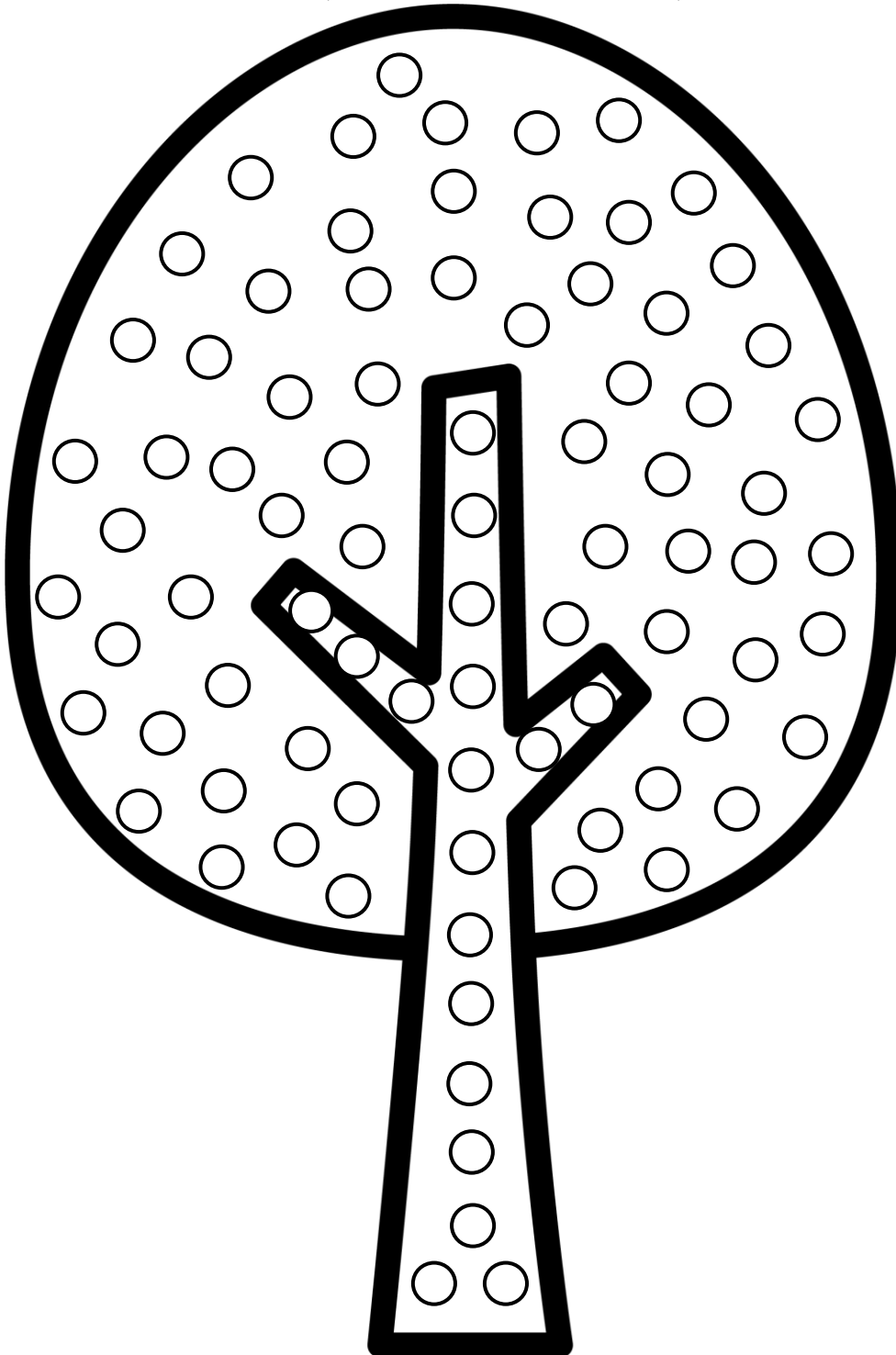


Name: _____

Hand + Finger



I can dip and dot to paint.

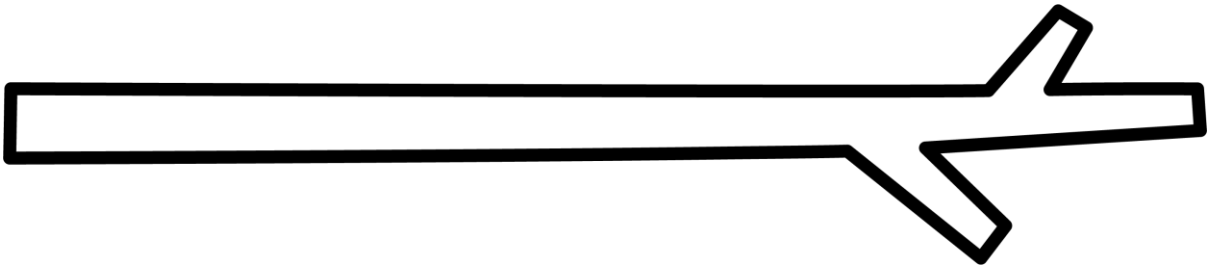


Name: _____

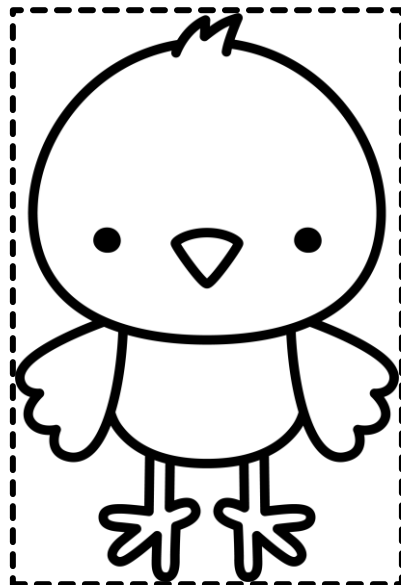
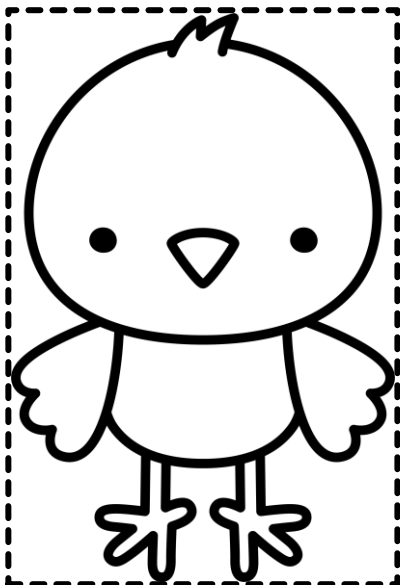
Scissors



I can cut and glue.



FINE MOTOR ACTIVITIES ©Tara West



Name: _____

Draw + Write



I can draw triangles (mountains).

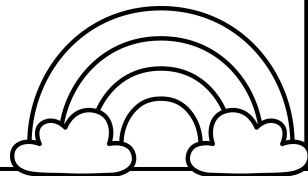


Name: _____

Printing



I can rainbow write my name.



Name: _____

Wrist + Hand



I can drive tracks.

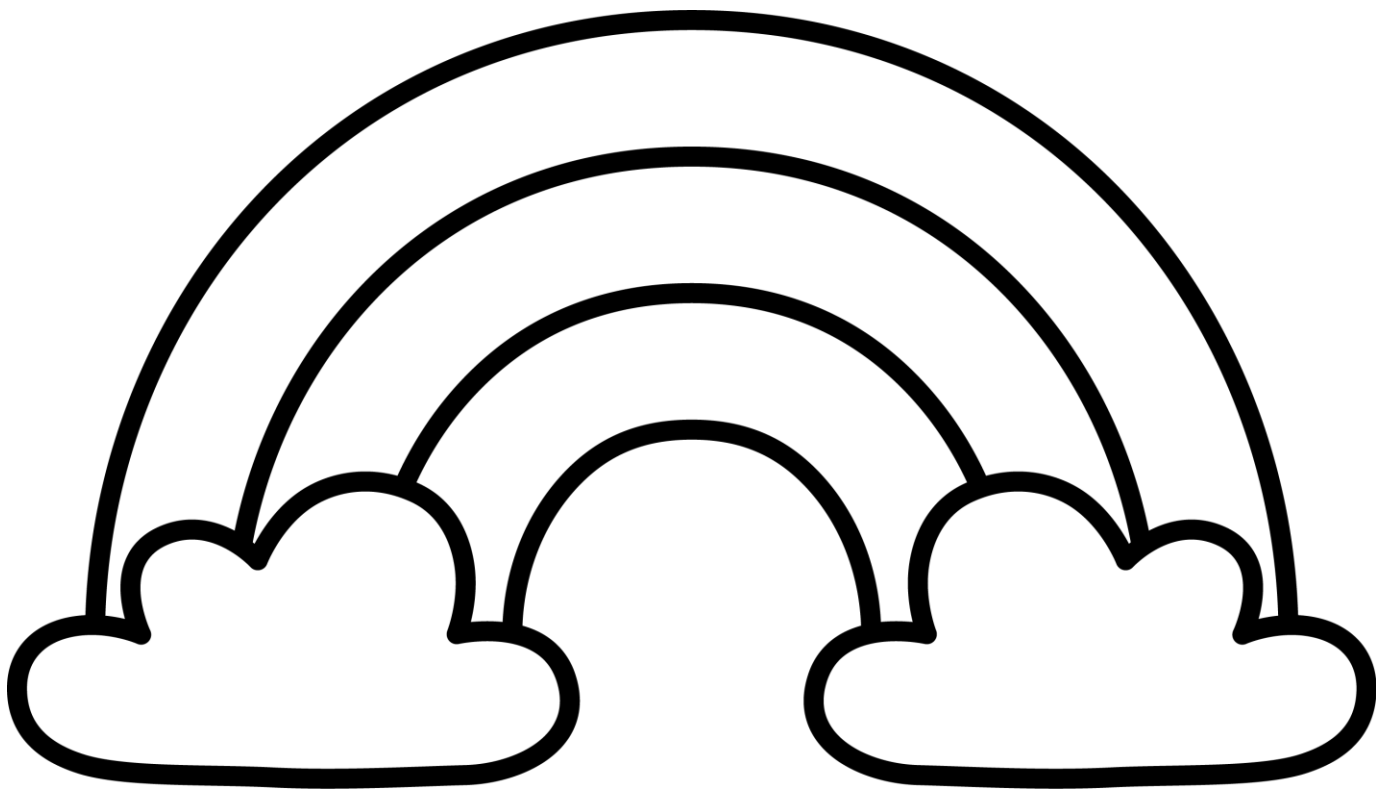


Name: _____

Hand + Finger



I can use dot stickers.



Name: _____

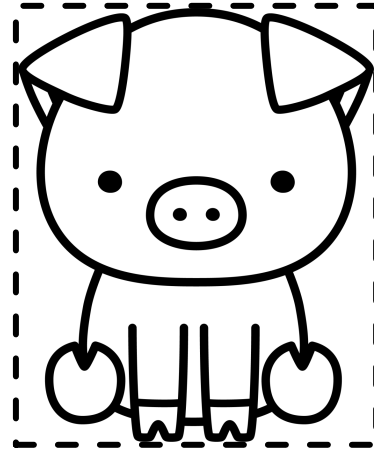
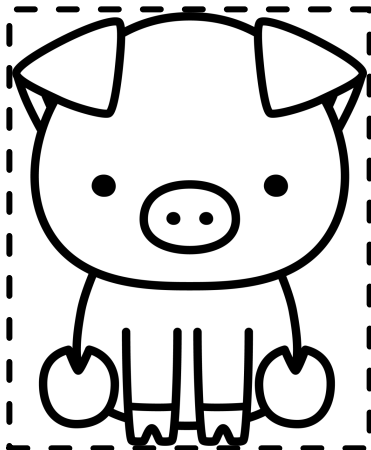
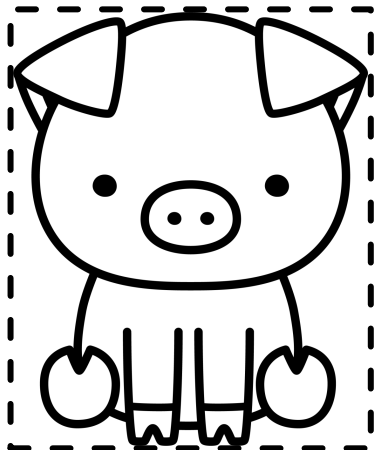
Scissors



I can cut and glue.



FINE MOTOR ACTIVITIES ©Tara West



Name:

Draw + Write



I can draw squares.

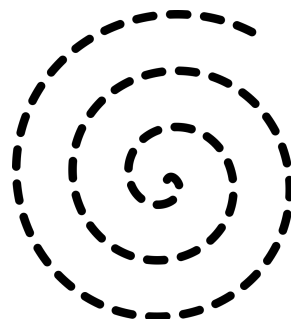
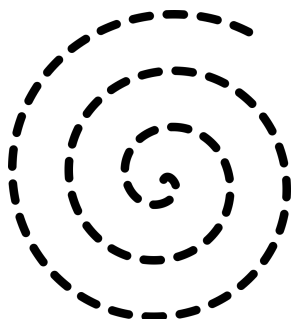
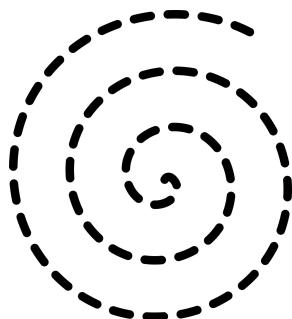
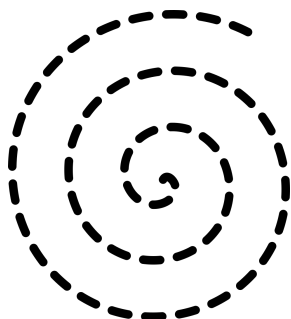
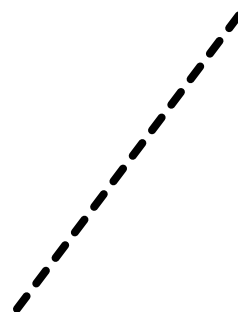
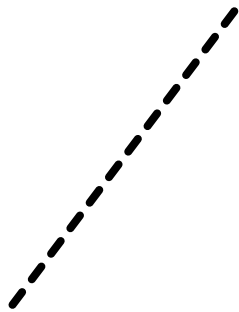
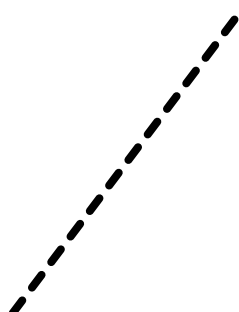
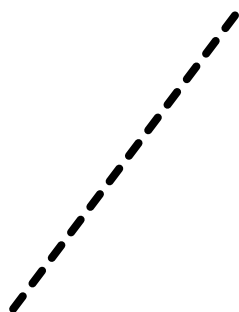
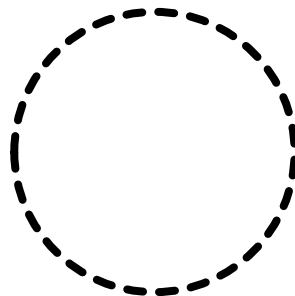
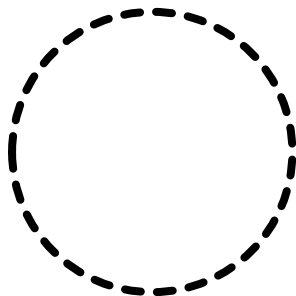
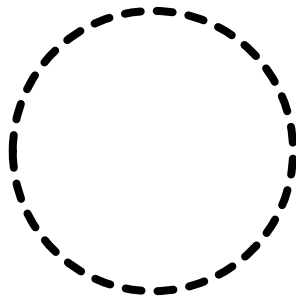
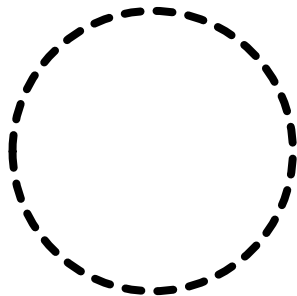


Name: _____

Printing



I can trace lines.



Name:

Wrist + Hand



I can use paint rollers.



Name:

Hand + Finger



I can tear and glue paper to create a
pumpkin.



Name: _____

Scissors



I can tear and glue to create a collage.

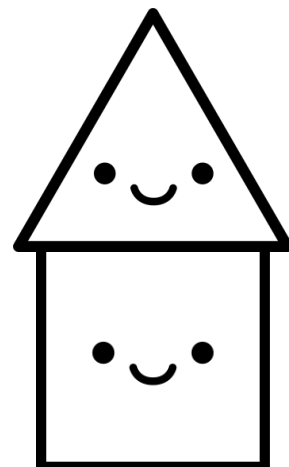


Name: _____

Draw + Write



I can draw squares and triangles (houses).



Name: _____

Printing



I can trace lines.



Name: _____

Wrist + Hand



I can use my hands to paint.

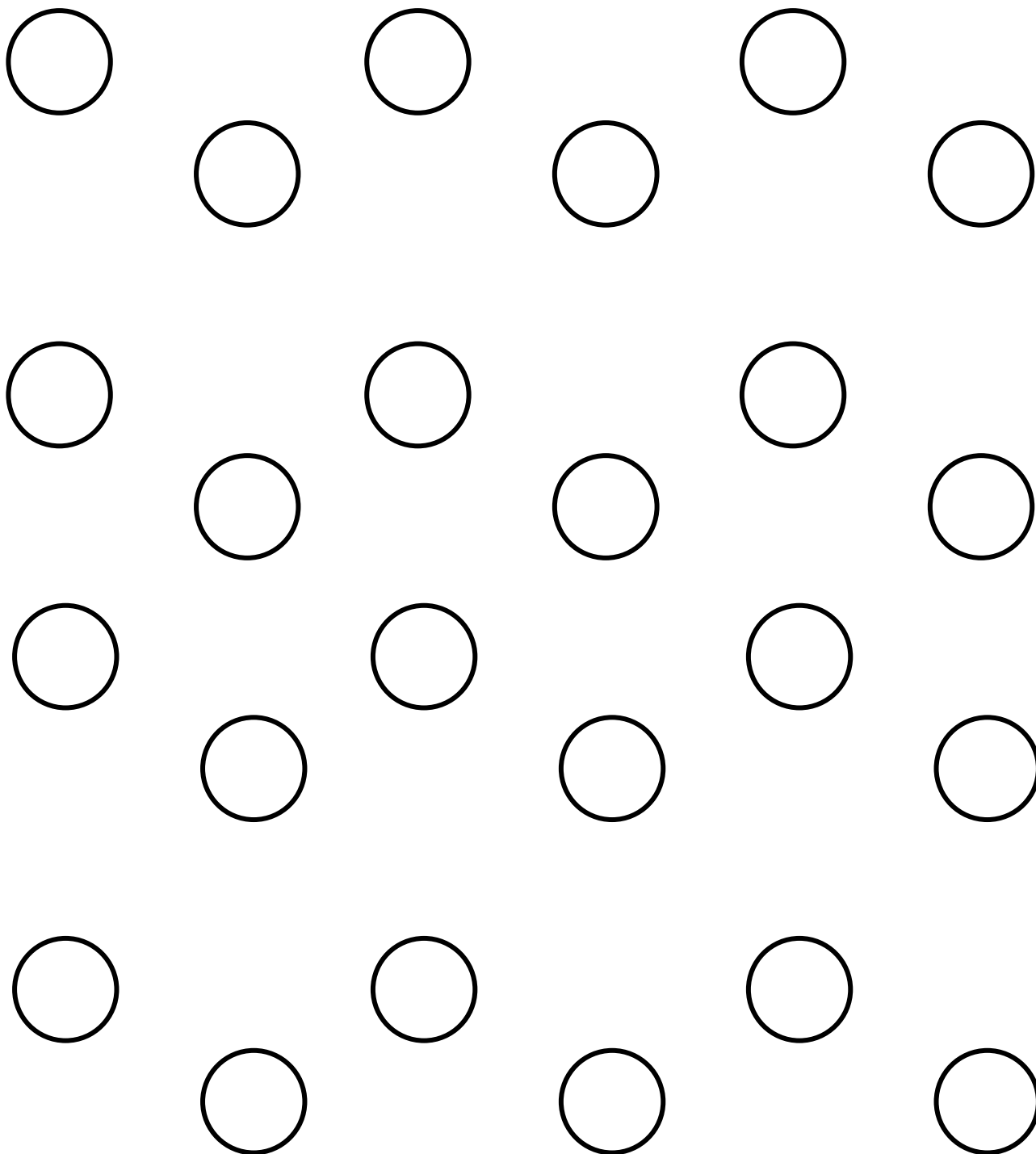


Name: _____

Hand + Finger



I can glue sequins.



Name: _____

Scissors



I can cut and glue.

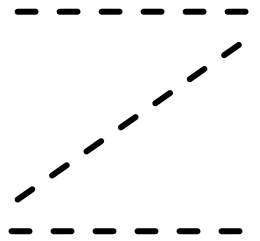
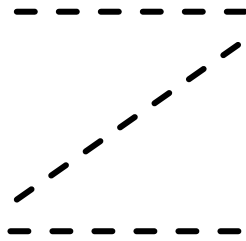
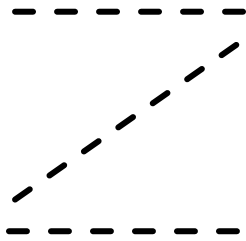
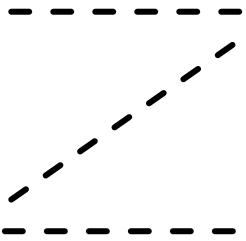
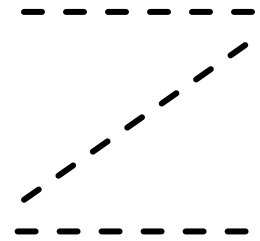
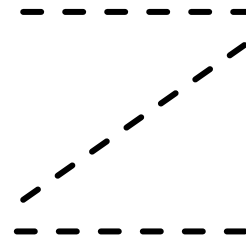
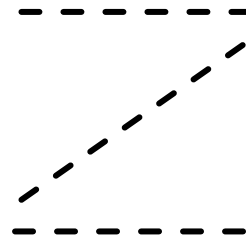
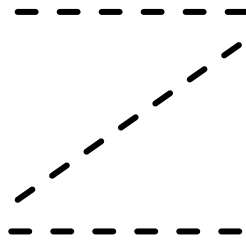
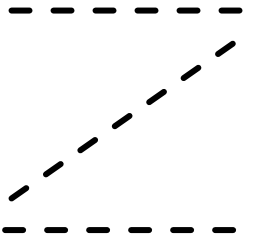
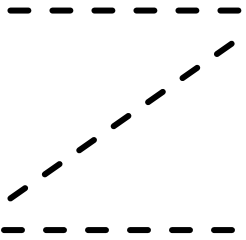
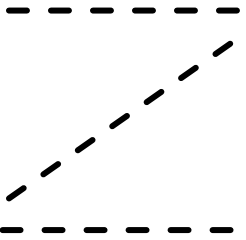
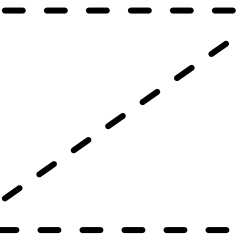
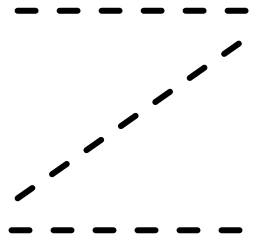
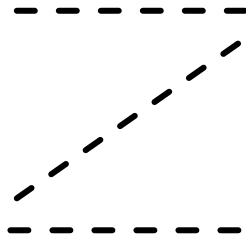
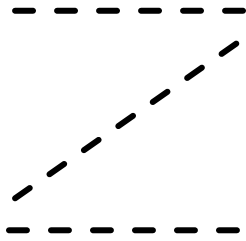
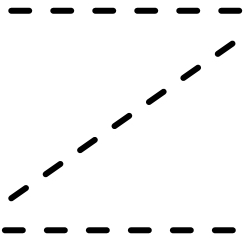


Name:

Draw + Write



I can trace zig-zag lines.

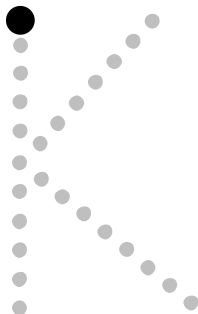
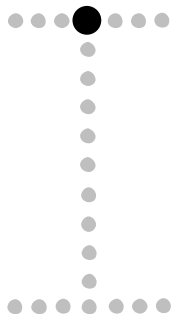
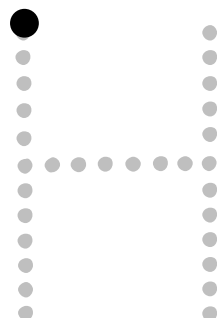
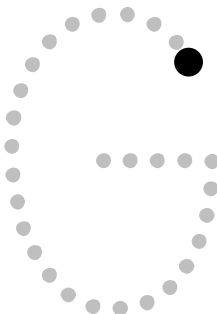
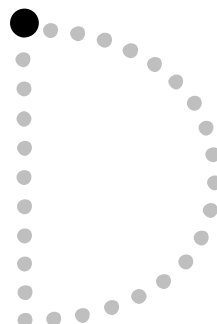
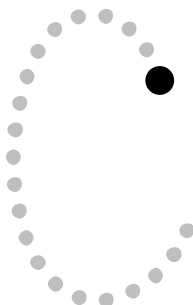
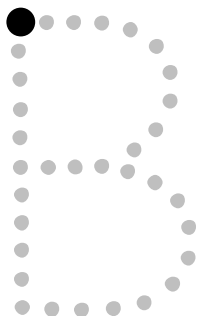
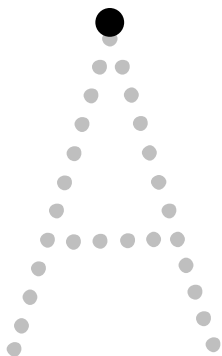


Name: _____

Printing



I can trace letters.



Name: _____

Wrist + Hand



I can use painting tools.



Name:

Hand + Finger



I can use my fingertips to paint spiders.

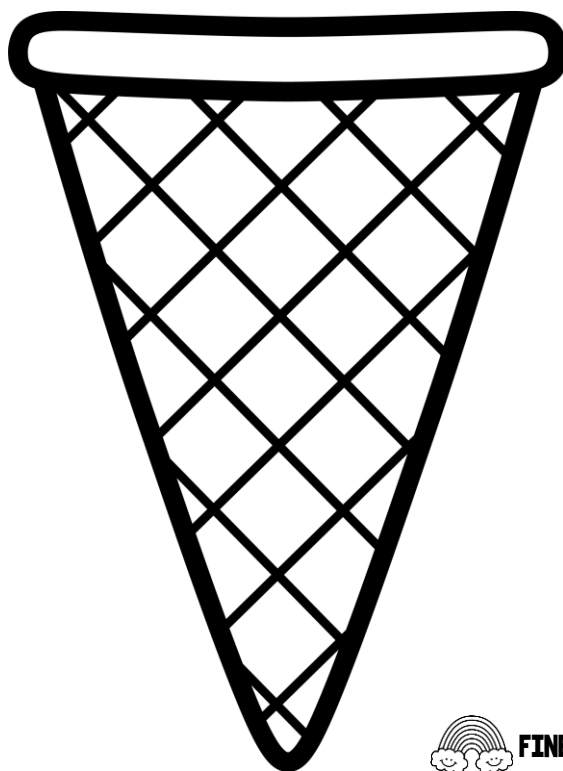


Name: _____

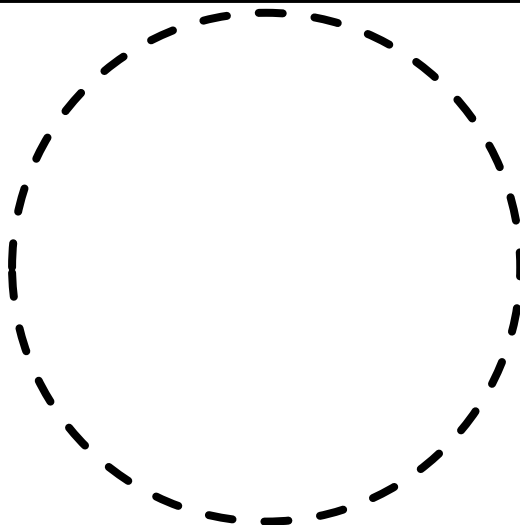
Scissors



I can cut and glue.



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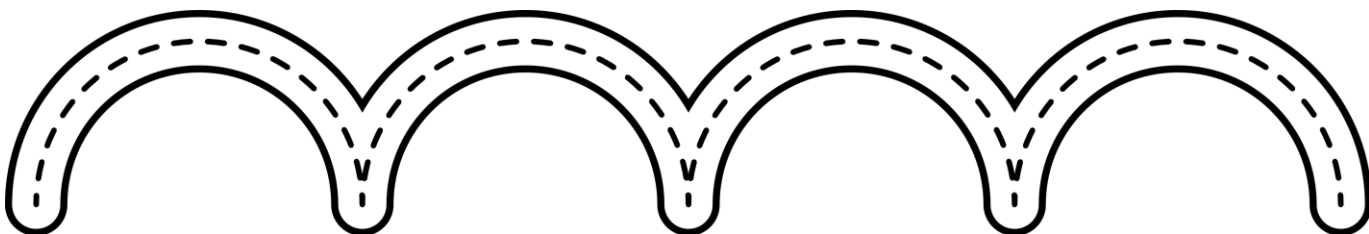
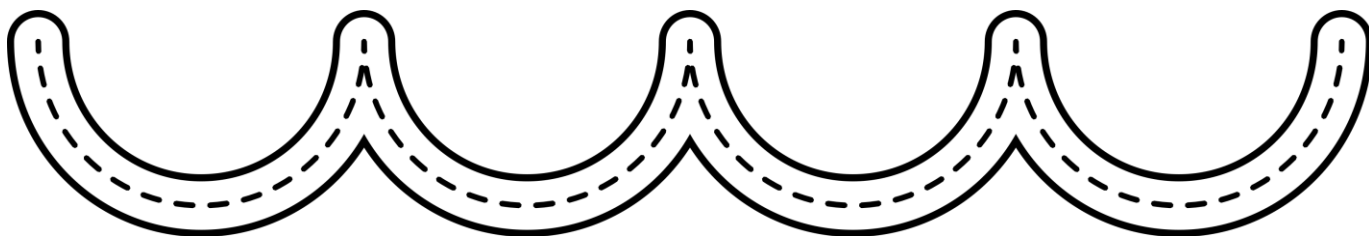
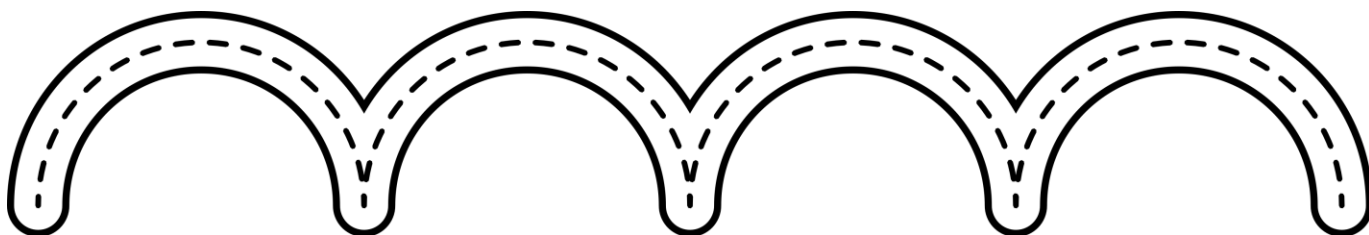
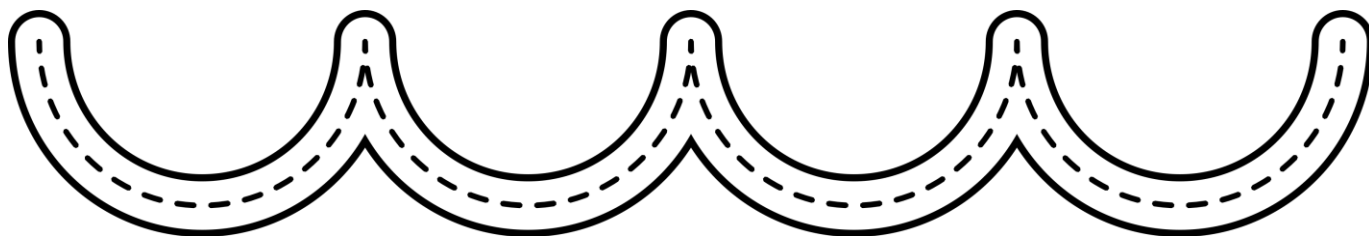


Name: _____

Draw + Write



I can trace lines.

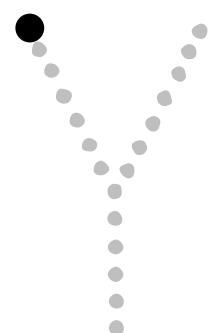
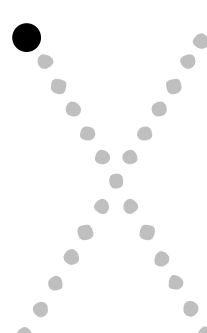
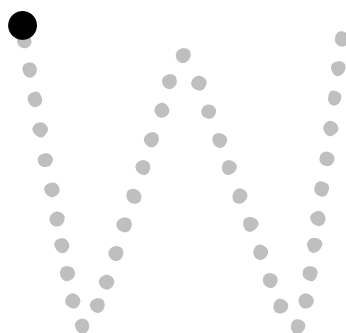
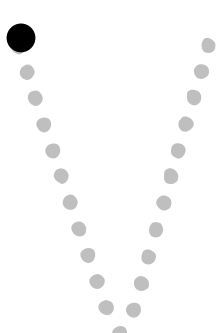
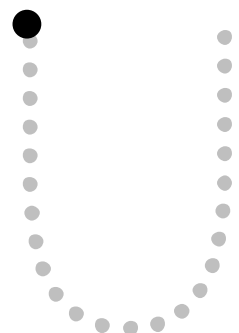
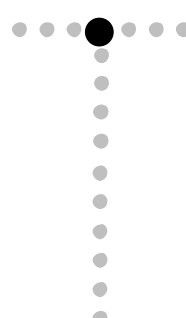
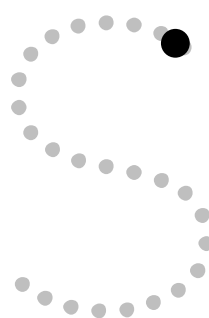
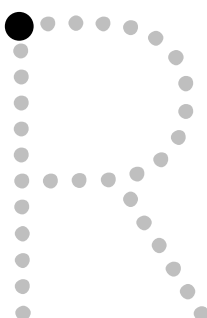
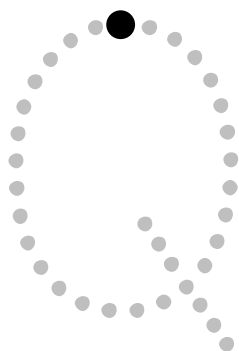
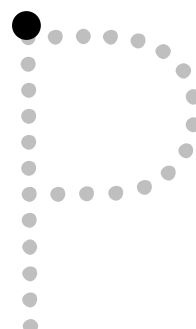
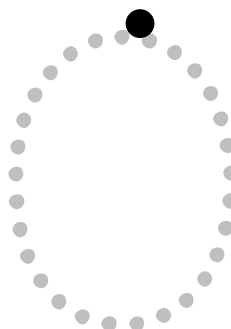
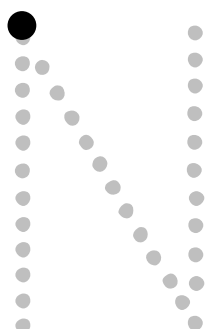
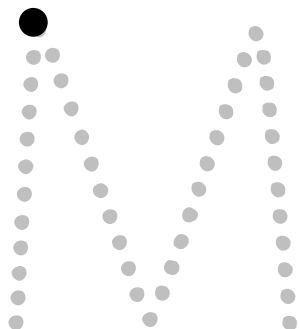


Name: _____

Printing



I can trace letters.



Name:

Wrist + Hand



I can use a hole punch.

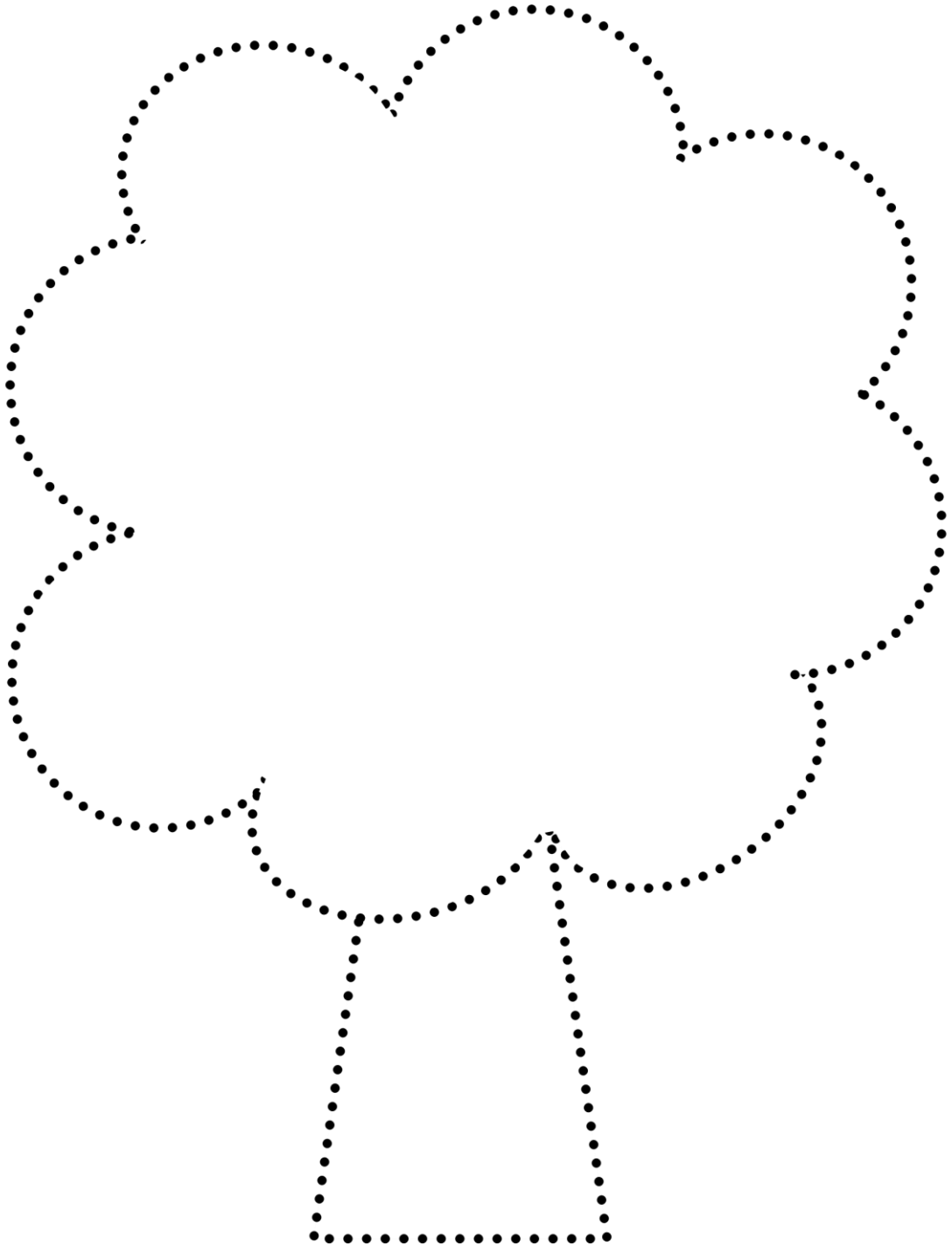


Name: _____

Hand + Finger



I can use push pins.

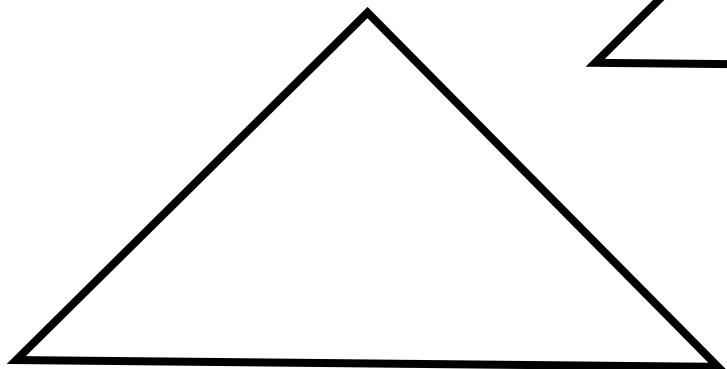
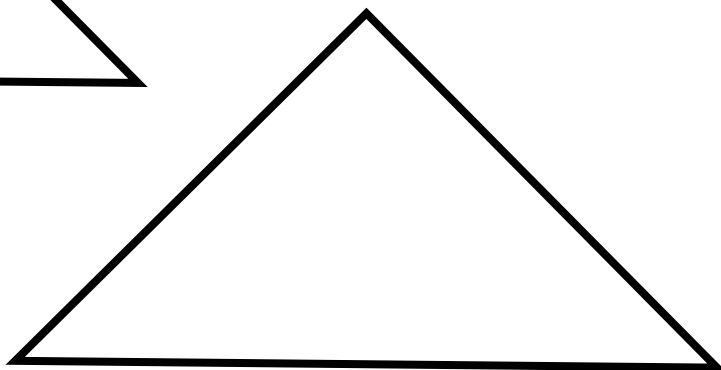
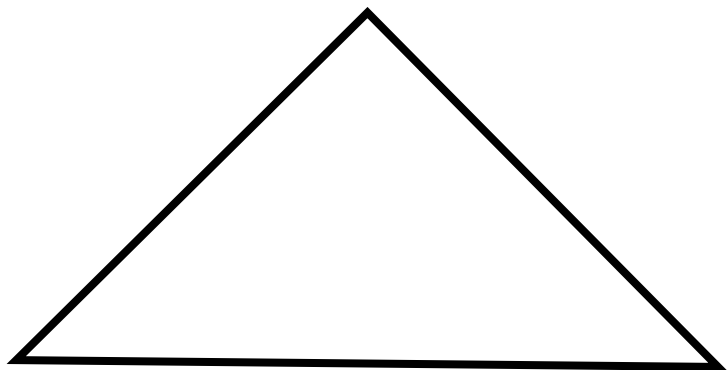


Name: _____

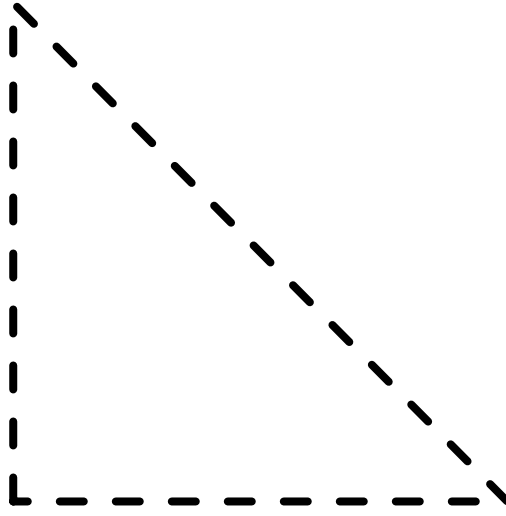
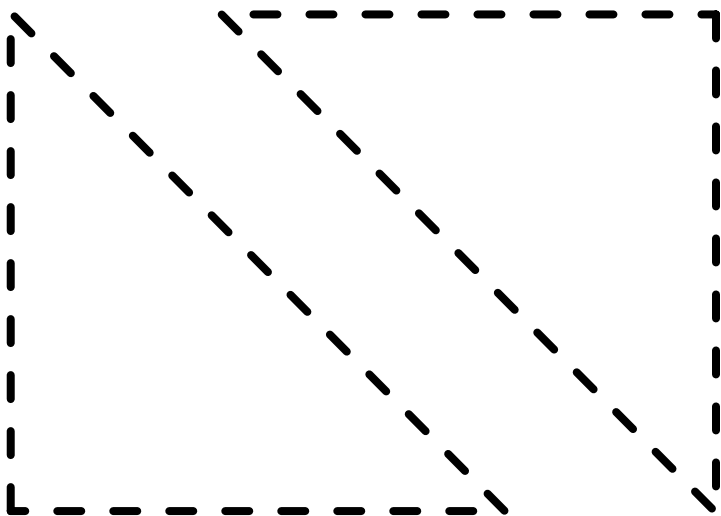
Scissors



I can cut and glue.



FINE MOTOR ACTIVITIES ©Tara West

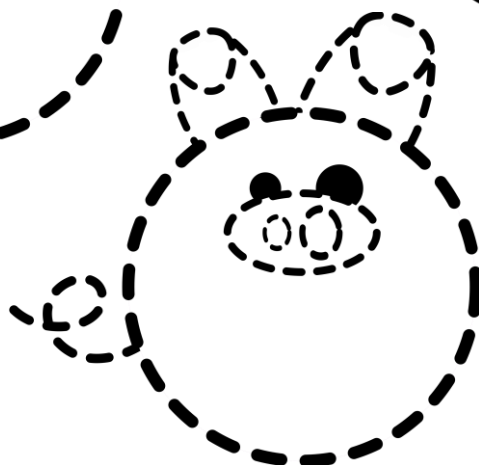
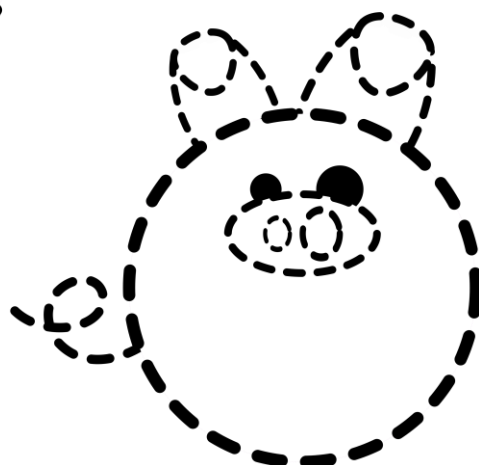
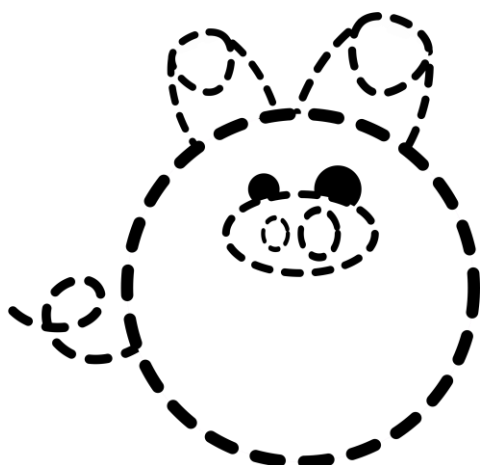
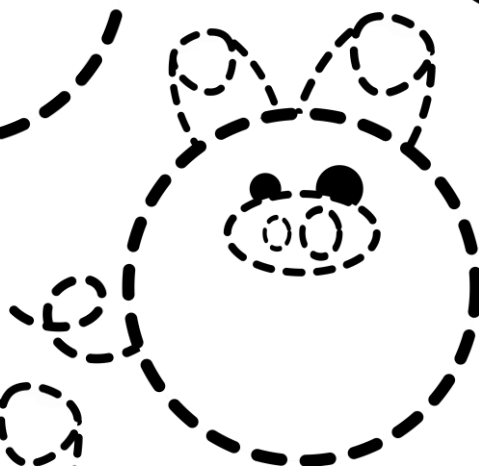
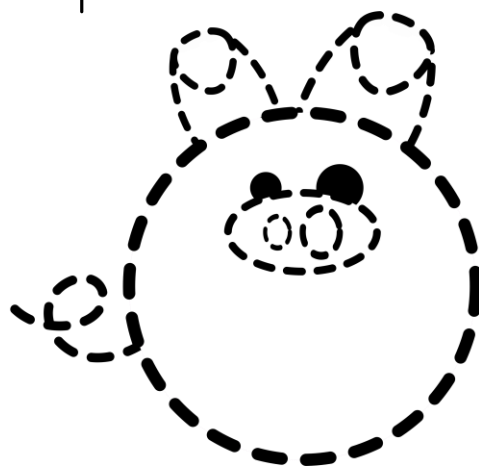
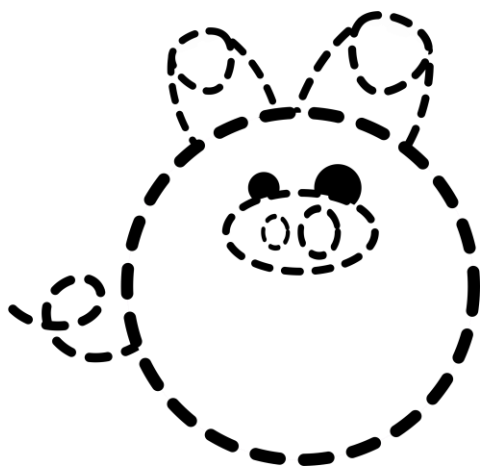


Name: _____

Draw + Write



I can trace bumps.

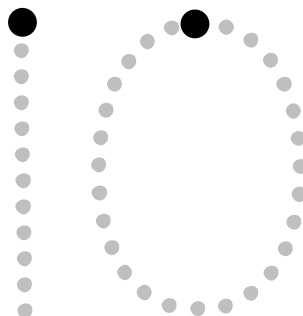
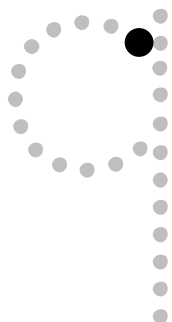
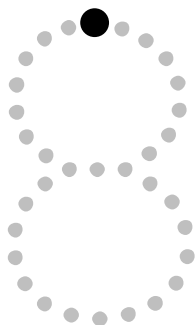
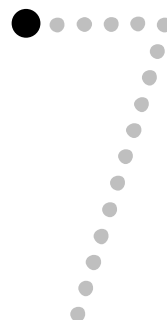
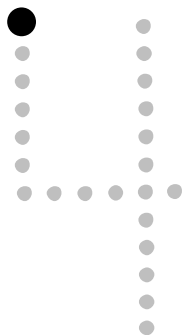
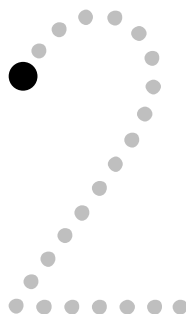
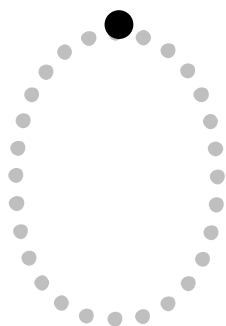


Name: _____

Printing



I can trace numbers.



Name: _____

Wrist + Hand



I can use a hole punch.

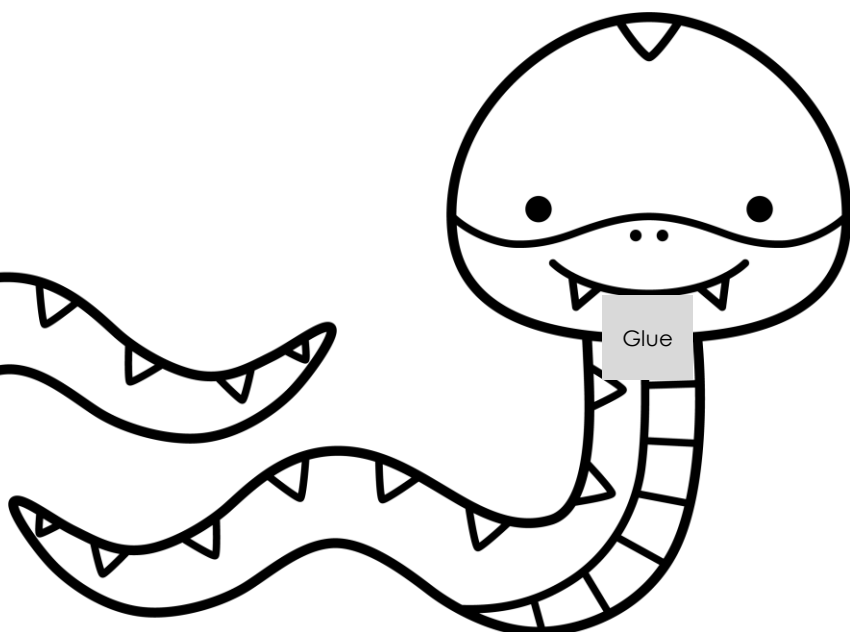
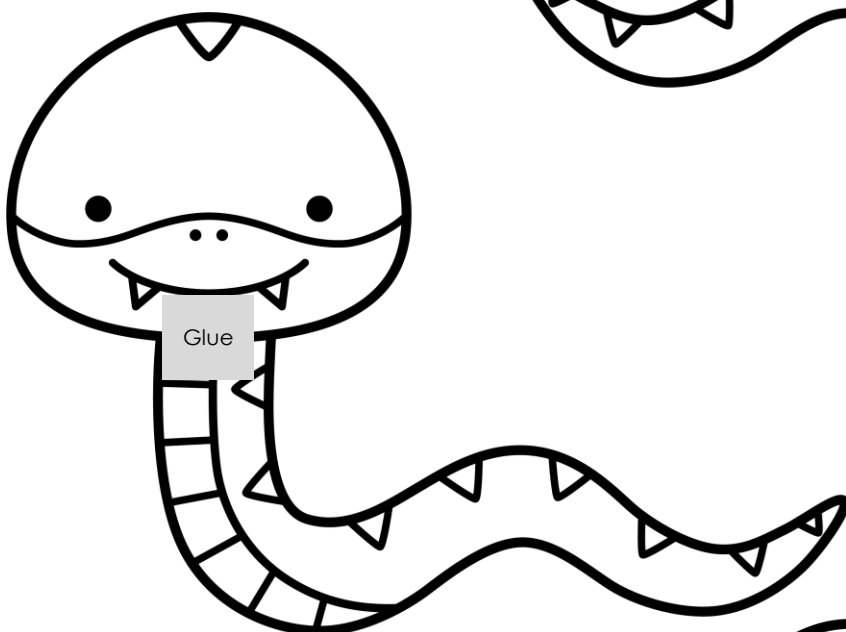
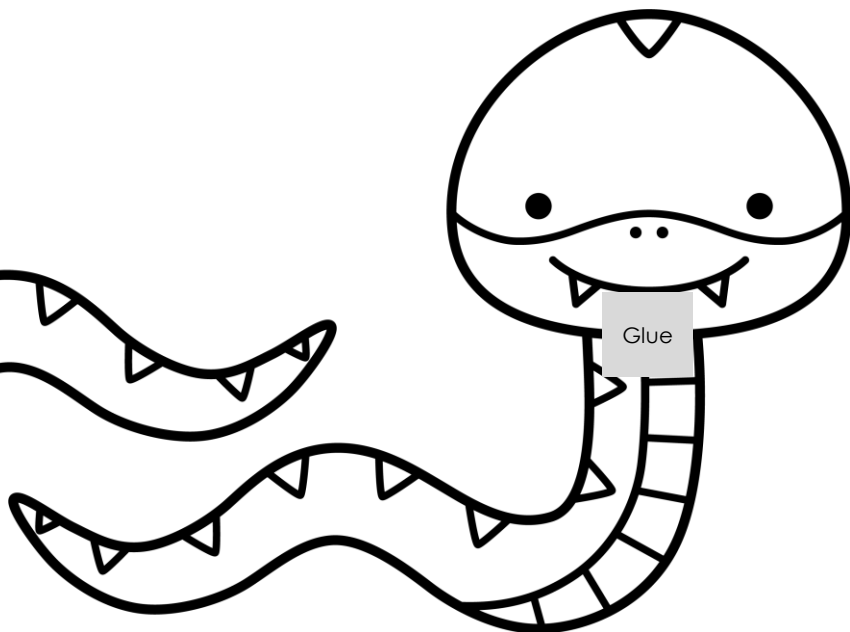
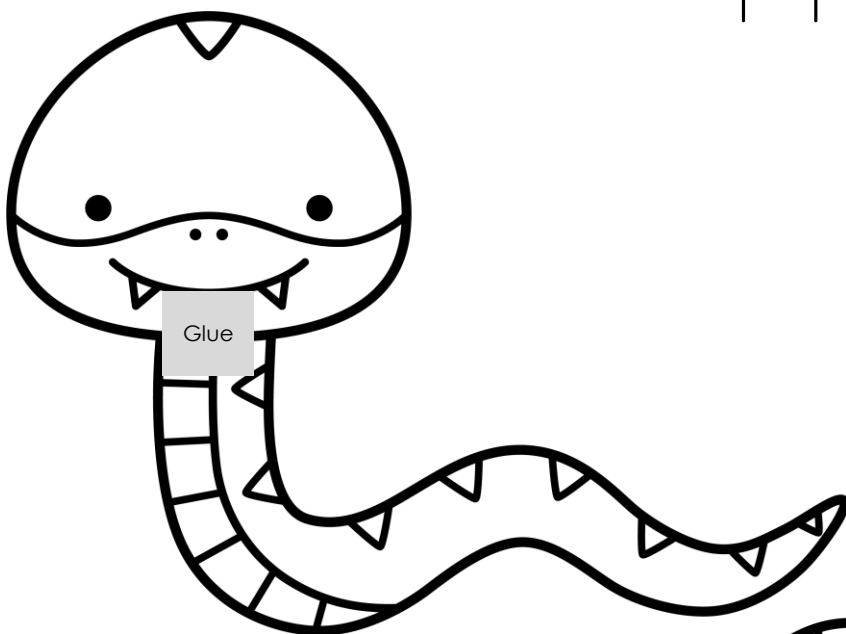


Name: _____

Hand + Finger



I can roll paper.

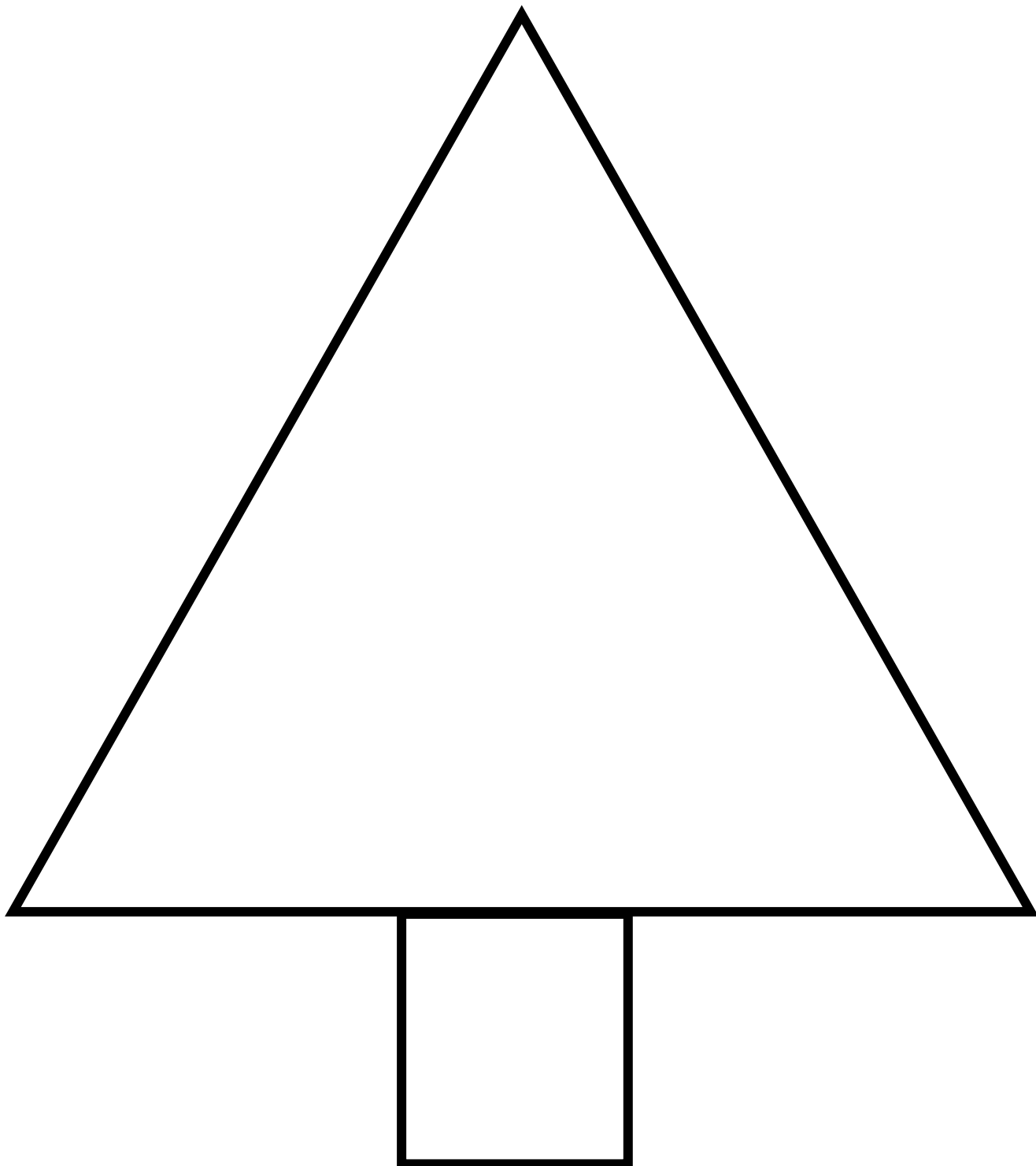


Name: _____

Scissors



I can cut and glue.

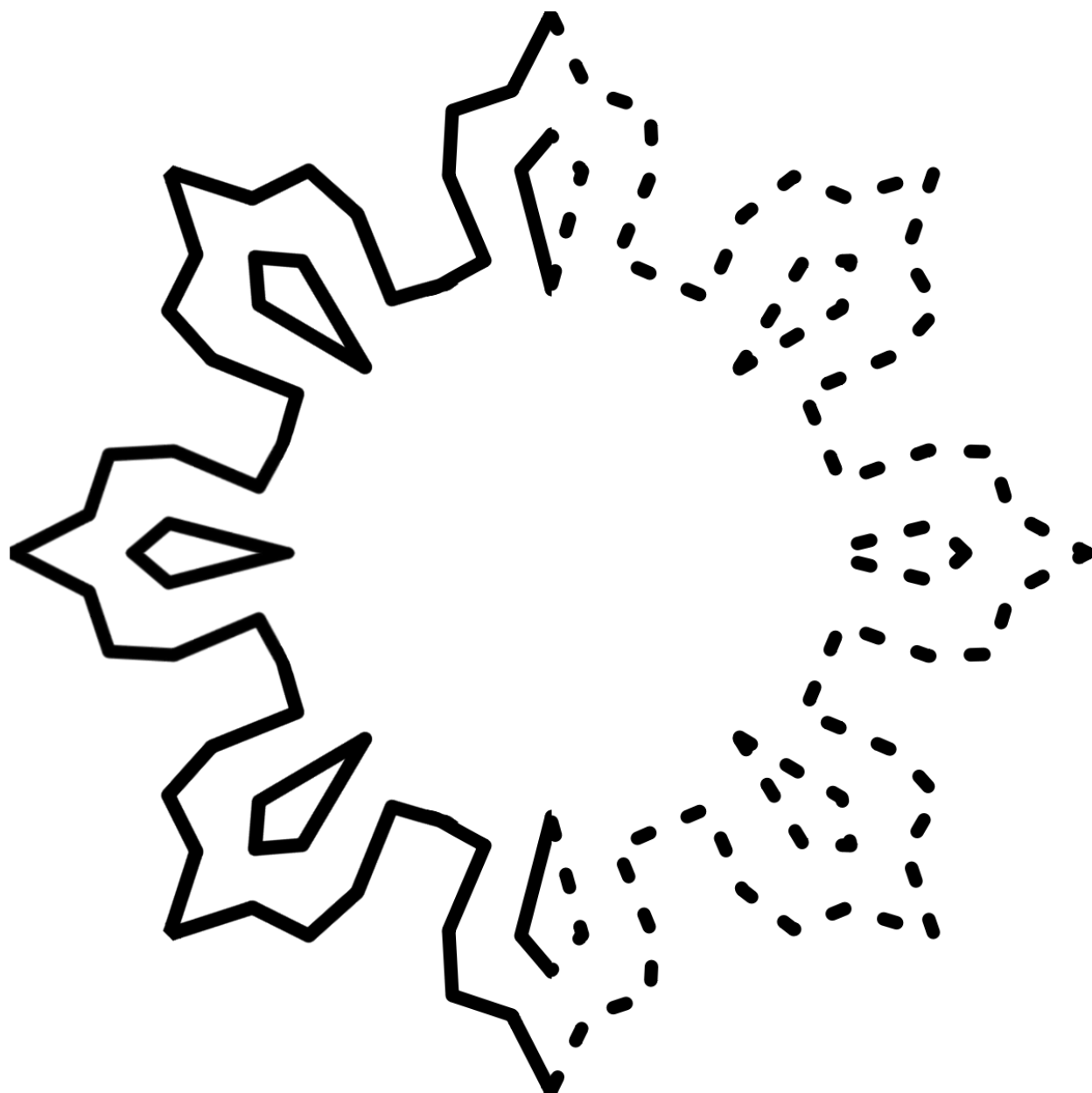


Name: _____

Draw + Write



I can trace to complete the picture.



Name:

Printing



I can write my name.

Large empty rectangular box for writing practice.

Large empty rectangular box for writing practice.

Large empty rectangular box for writing practice.

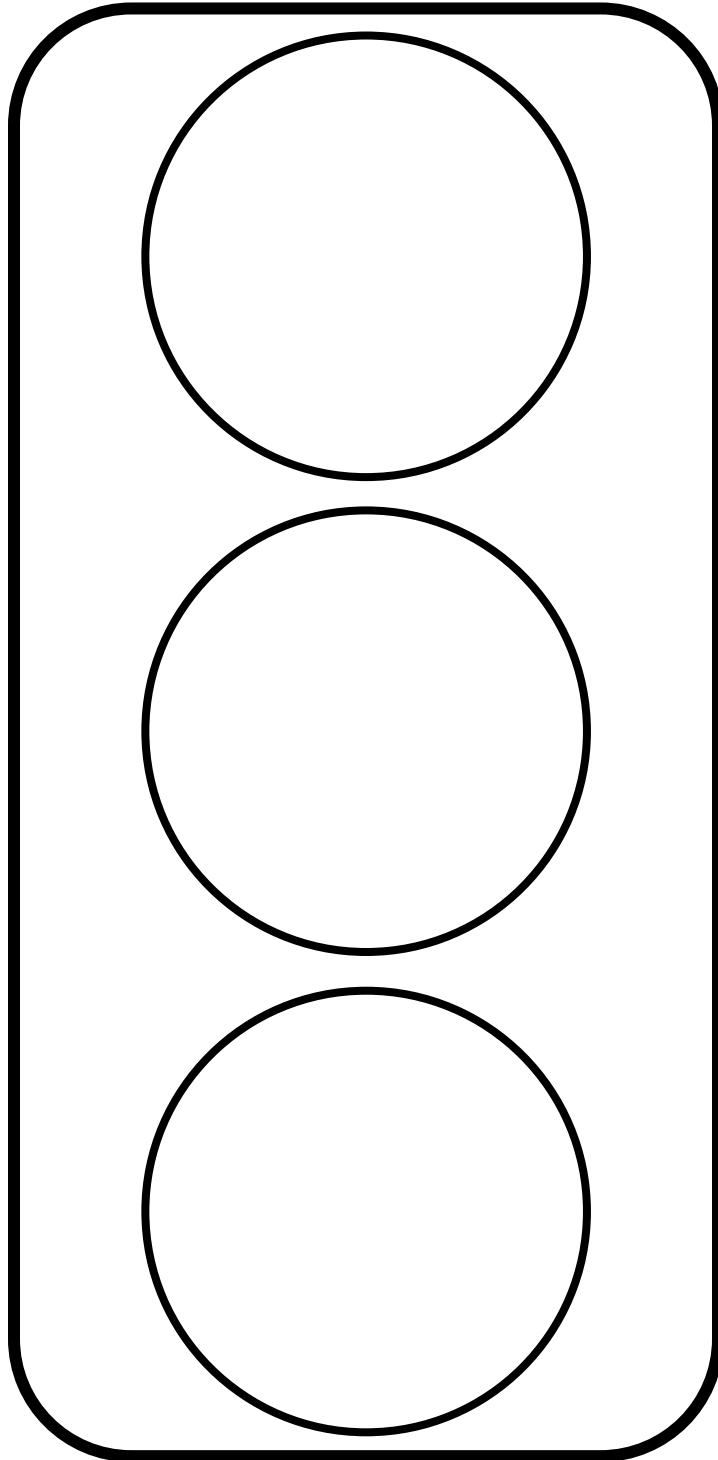


Name: _____

Wrist + Hand



I can paint with my fist.

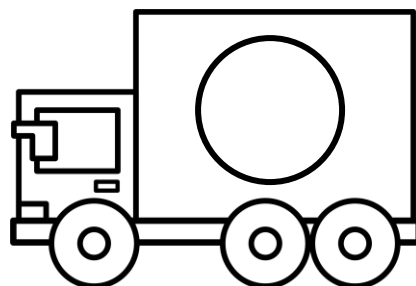
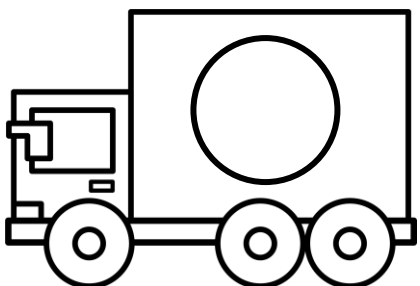
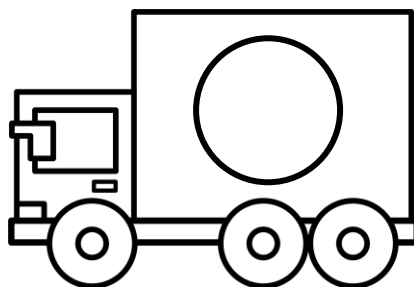
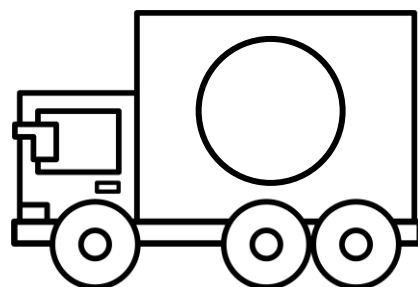
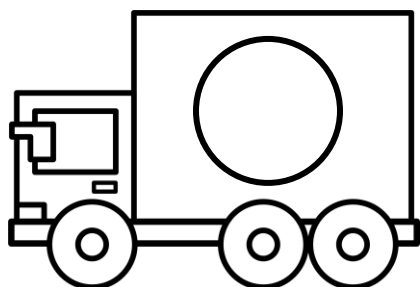
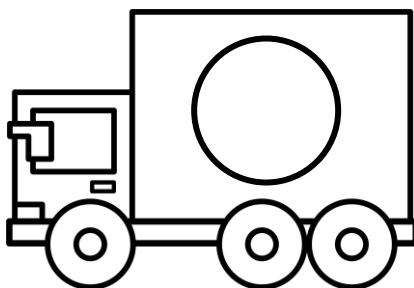
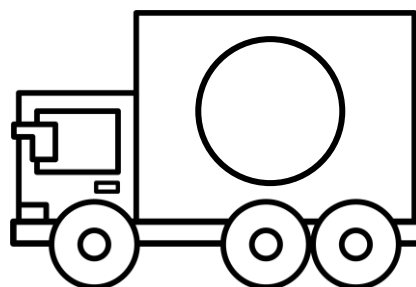
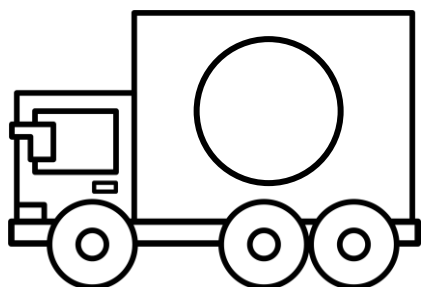


Name: _____

Hand + Finger



I can grab pom poms.

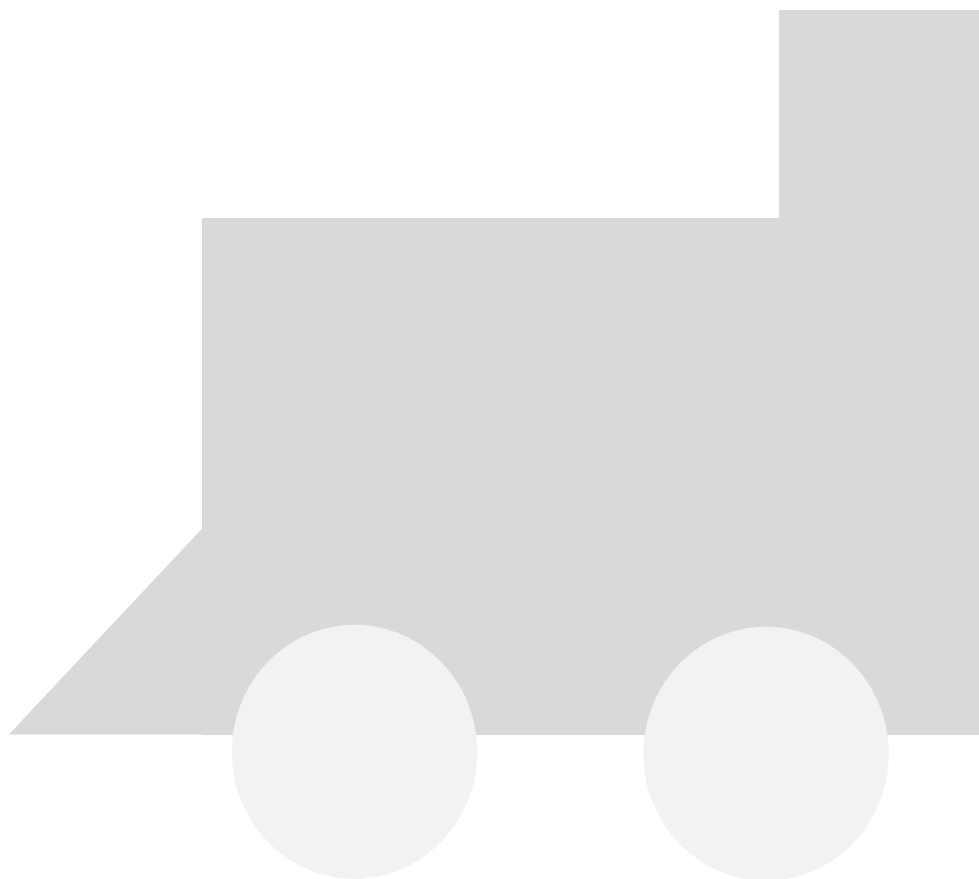


Name: _____

Scissors



I can cut and glue.



FINE MOTOR ACTIVITIES ©Tara West

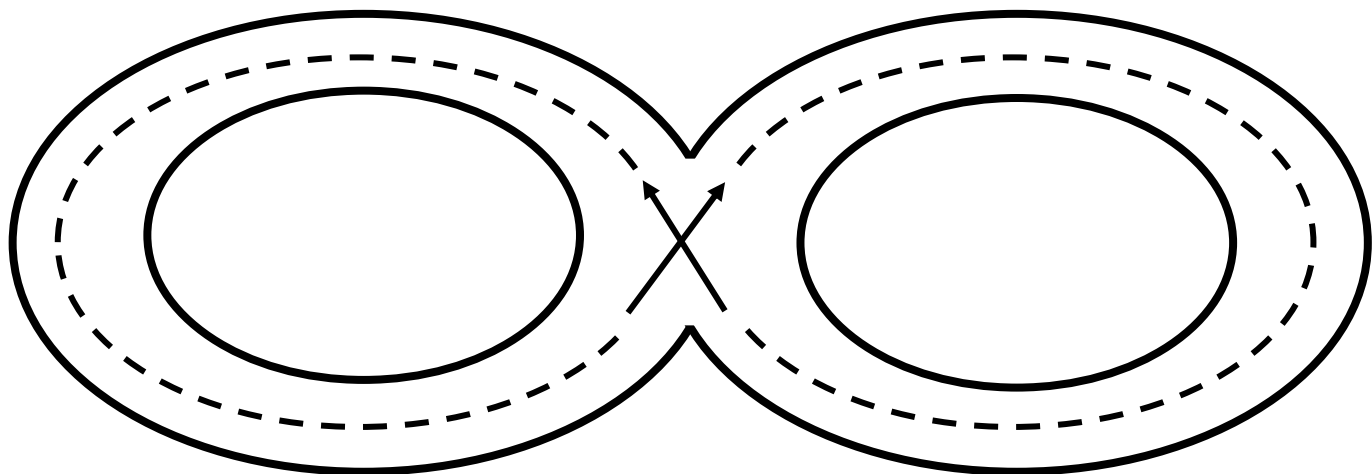
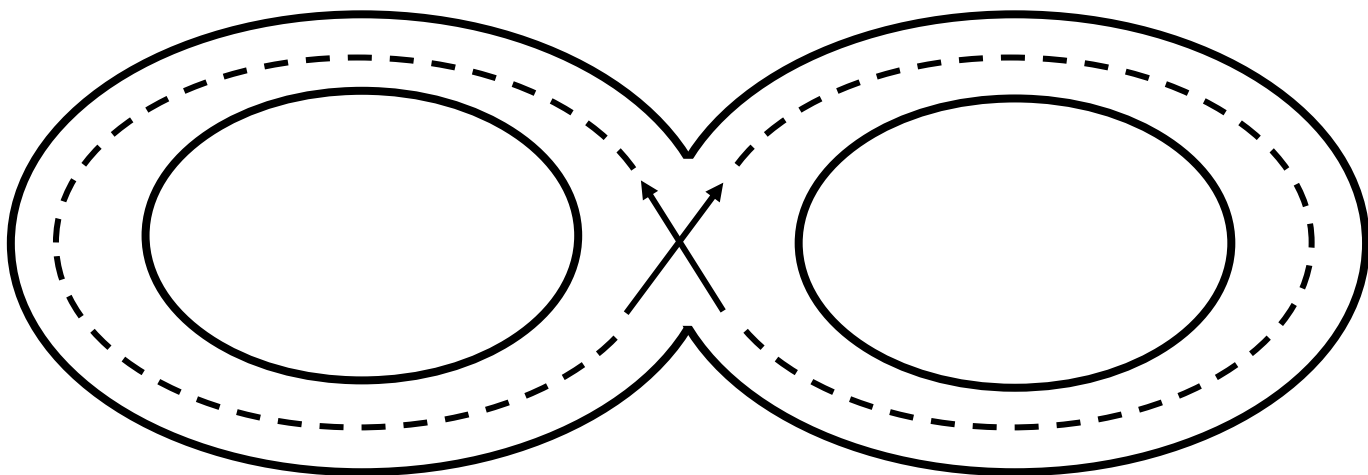
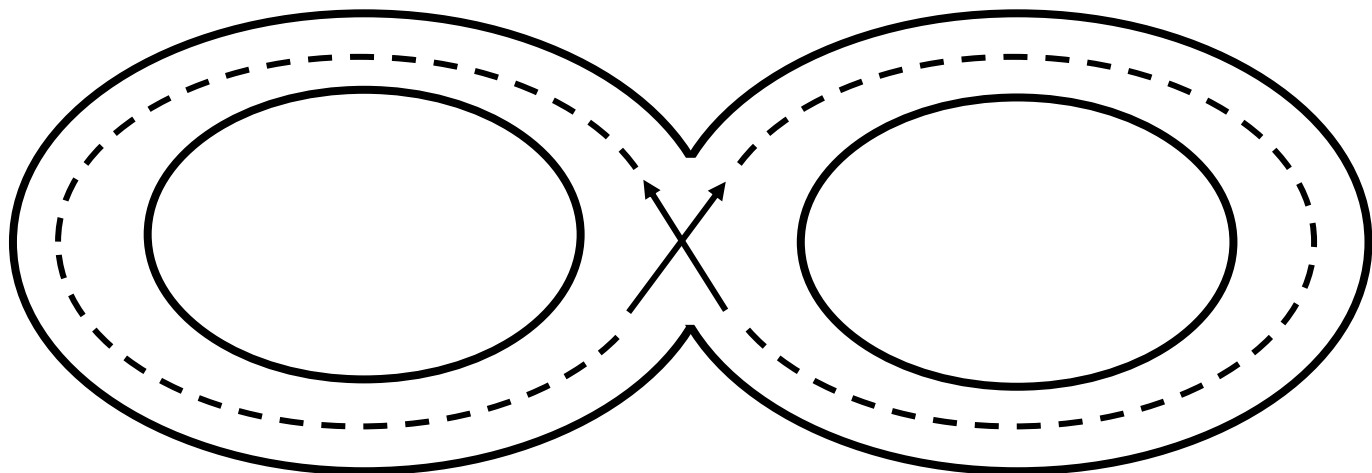


Name: _____

Draw + Write



I can trace a lazy 8.



Name: _____

Printing



I can trace letters.

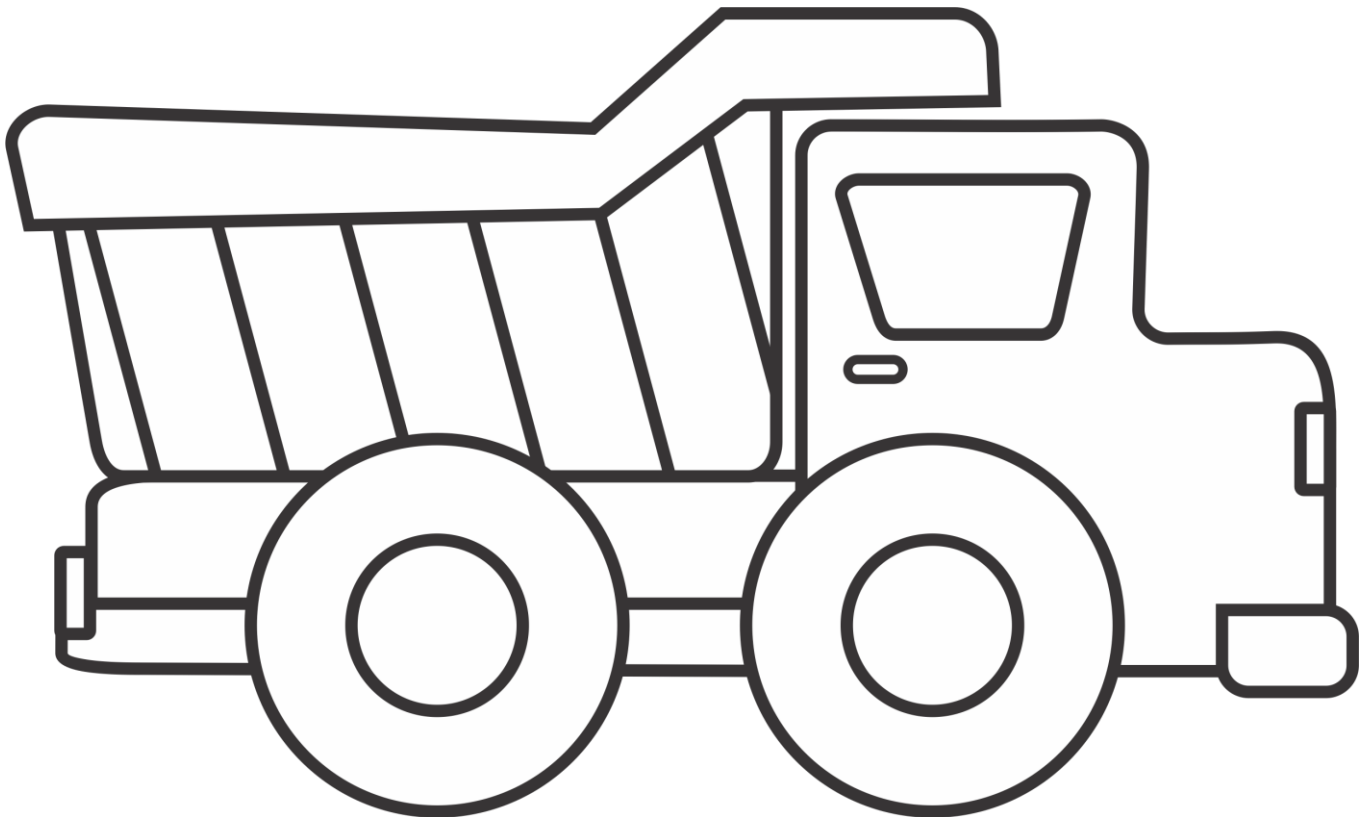


Name: _____

Wrist + Hand



I can tear and glue.

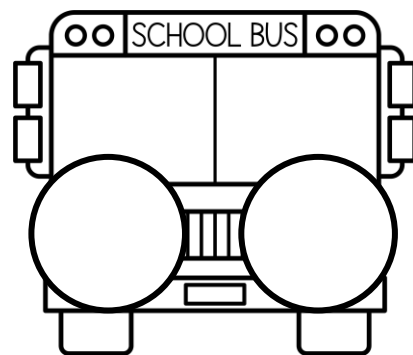
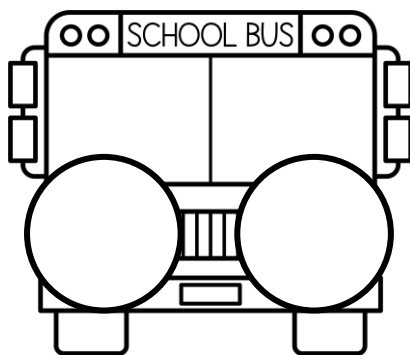
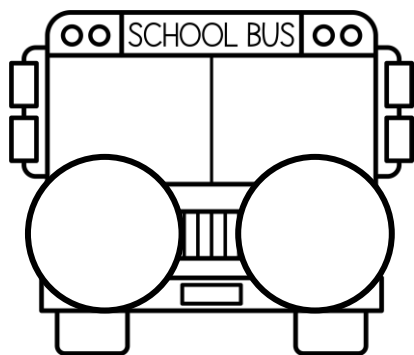
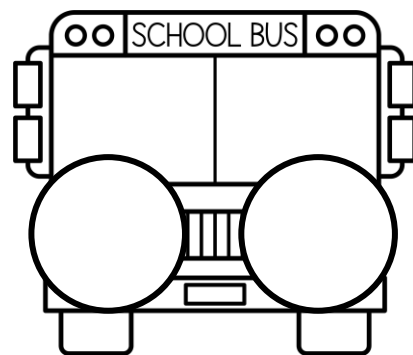
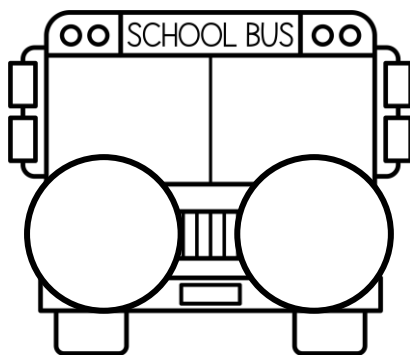
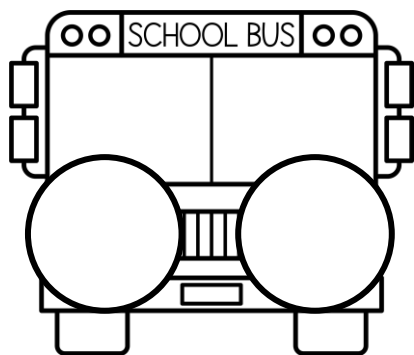
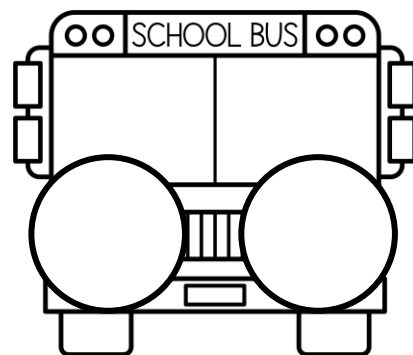
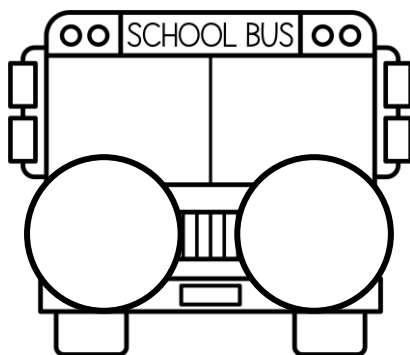
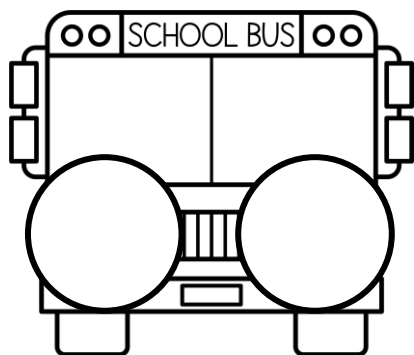


Name: _____

Hand + Finger



I can peel and stick stickers.



Name:

Scissors



I can cut and glue to create a collage.

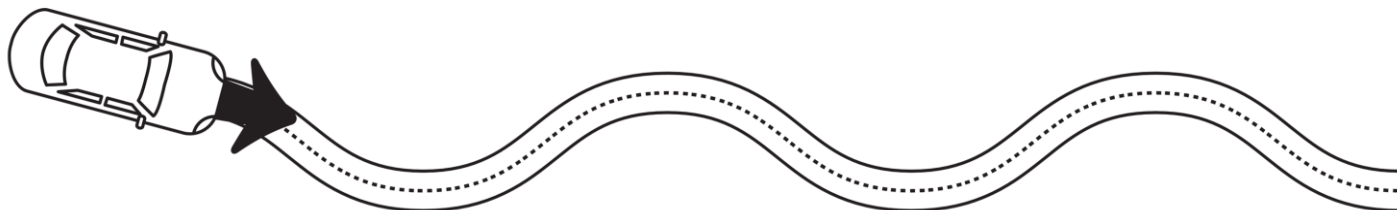
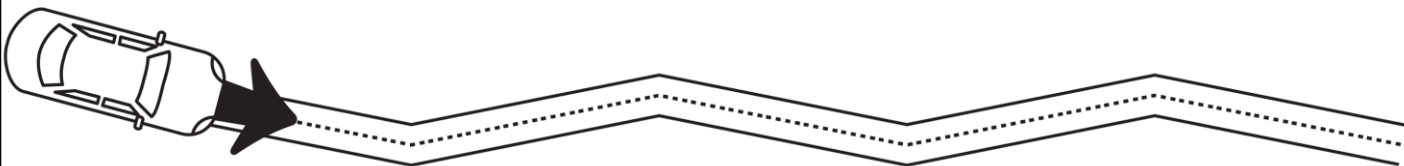
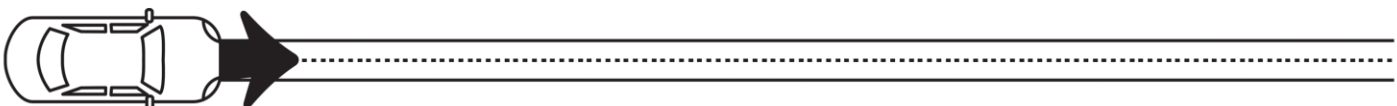
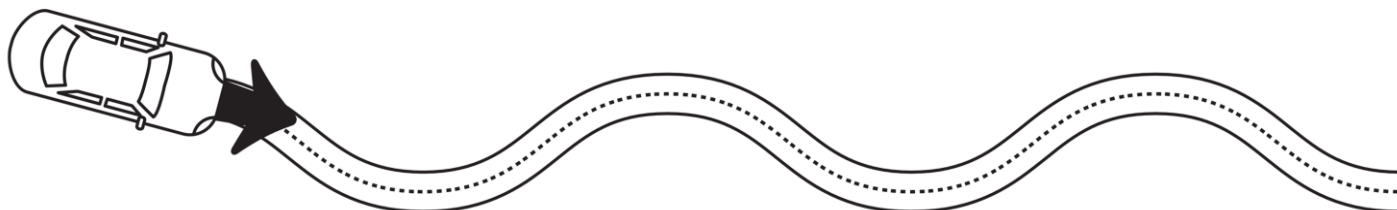
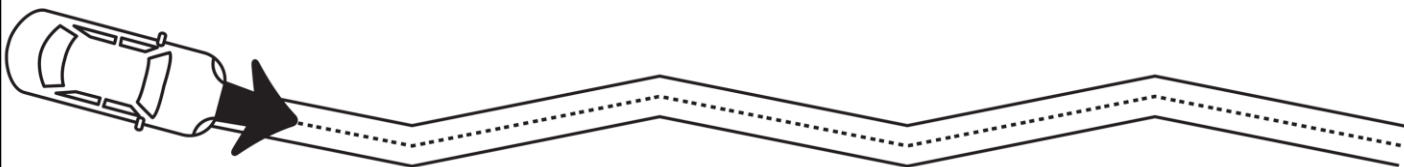
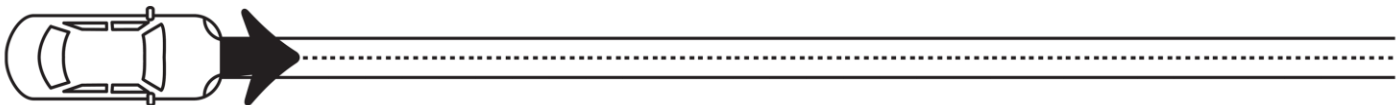


Name: _____

Draw + Write



I can drive (trace) lines.



Name:

Printing



I can write my name.

Large empty rectangular box for writing practice.

Large empty rectangular box for writing practice.

Large empty rectangular box for writing practice.

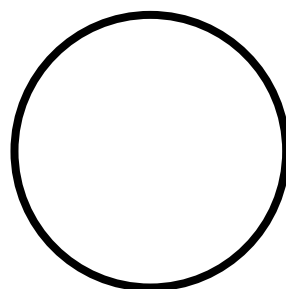
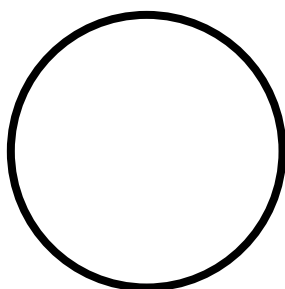
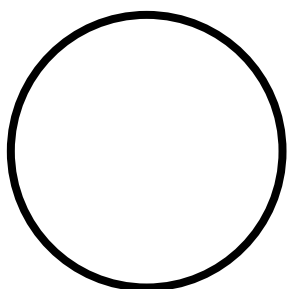
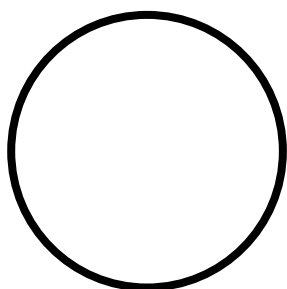
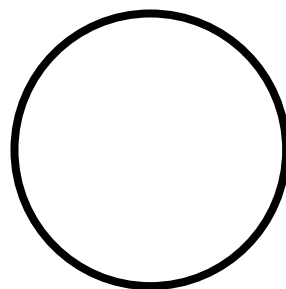
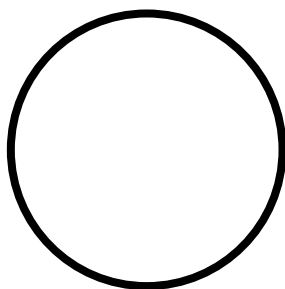
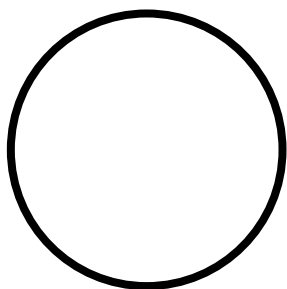
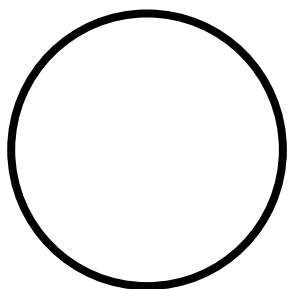
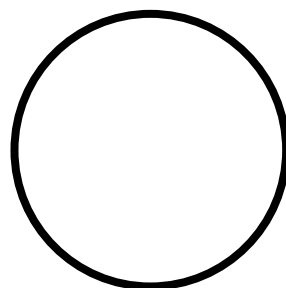
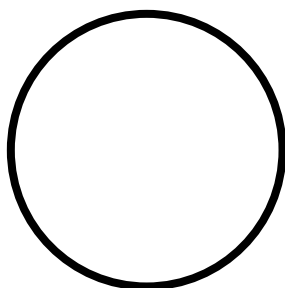
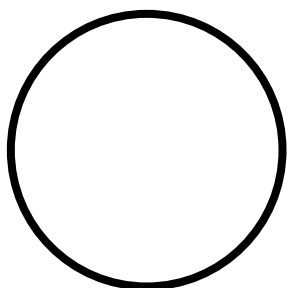
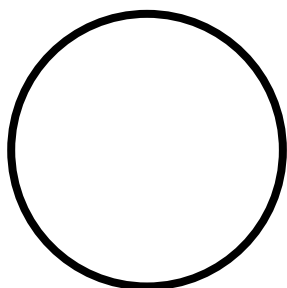
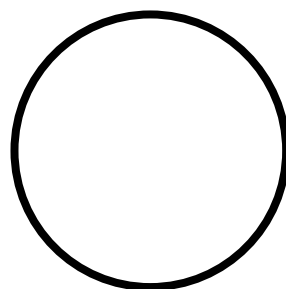
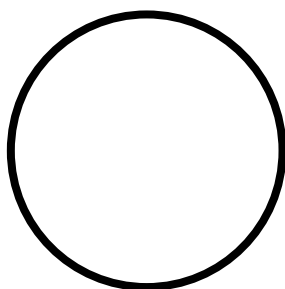
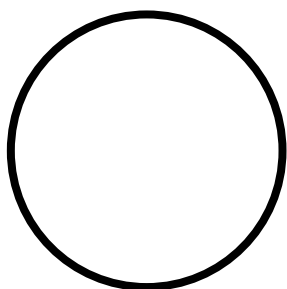
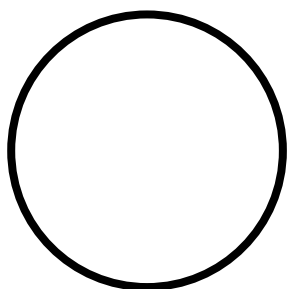


Name: _____

Wrist + Hand



I can paint with marshmallows.



Name:

Hand + Finger



I can create a snowy scene.



Name: _____

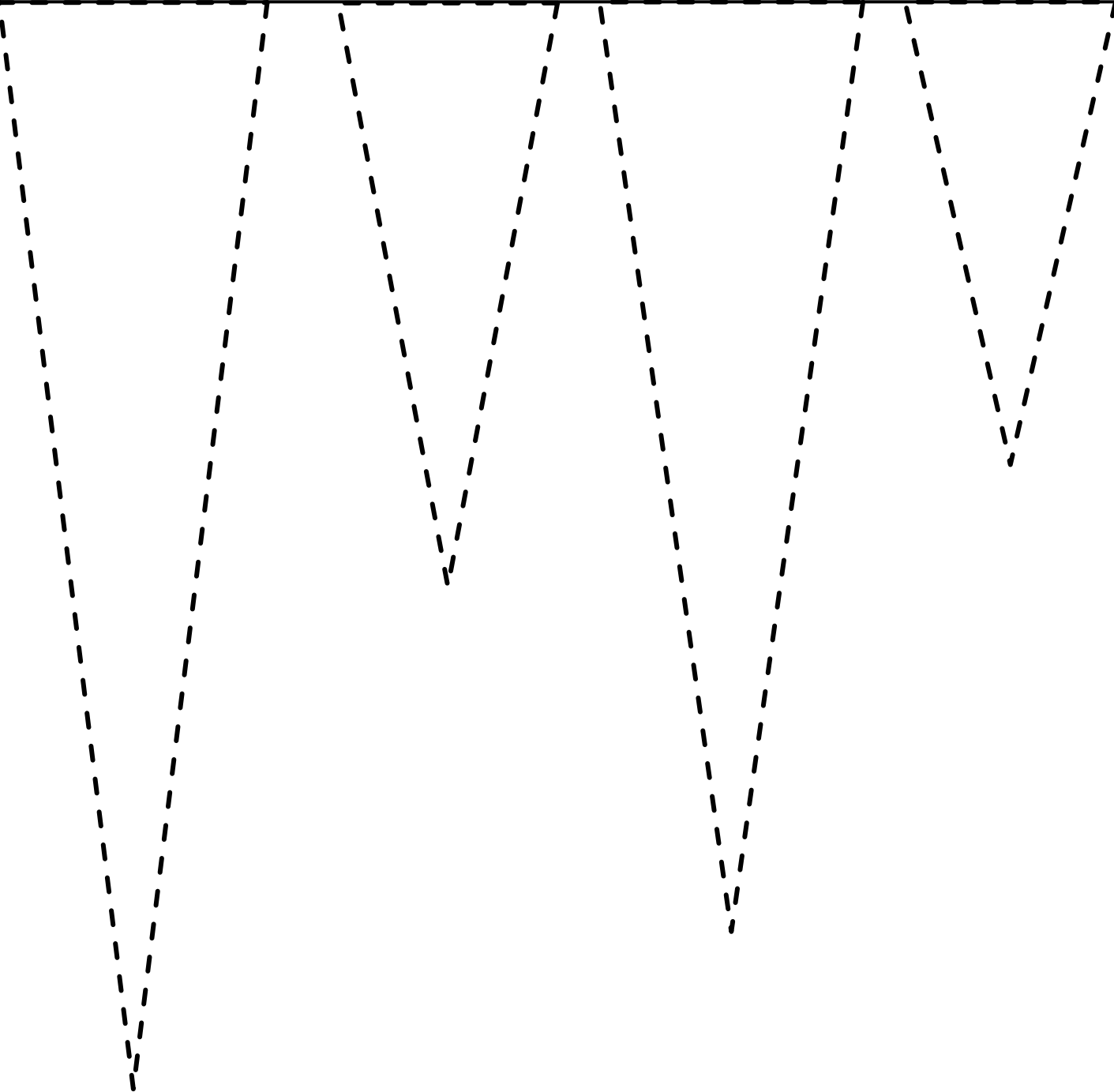
Scissors



I can cut to create icicles.



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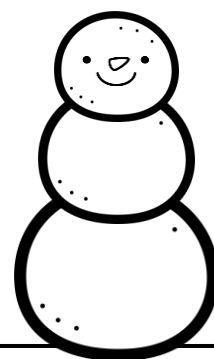


Name: _____

Draw + Write



I can draw circles to create a snowman.

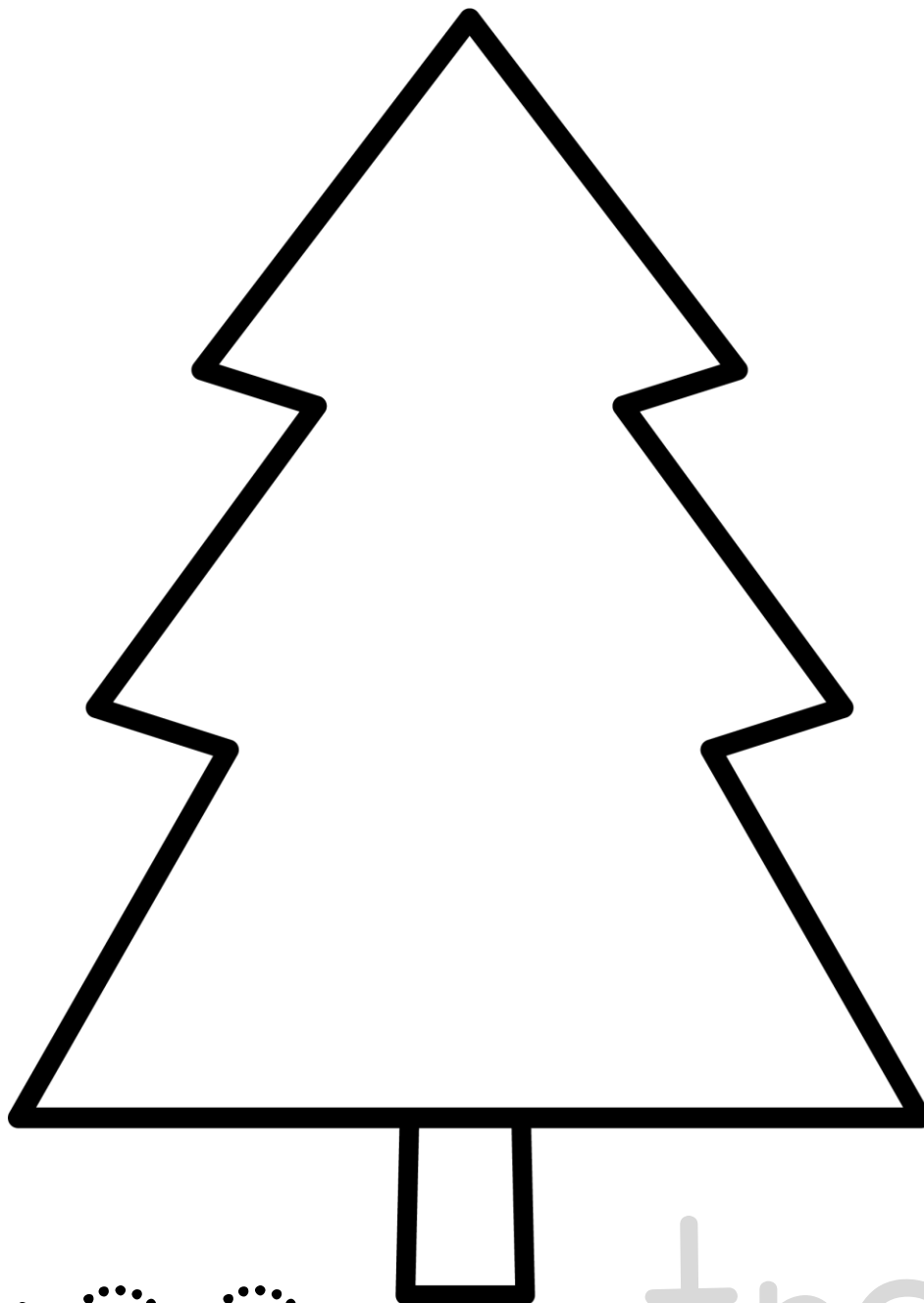


Name: _____

Printing



I can color, trace, and write.



tree

tree

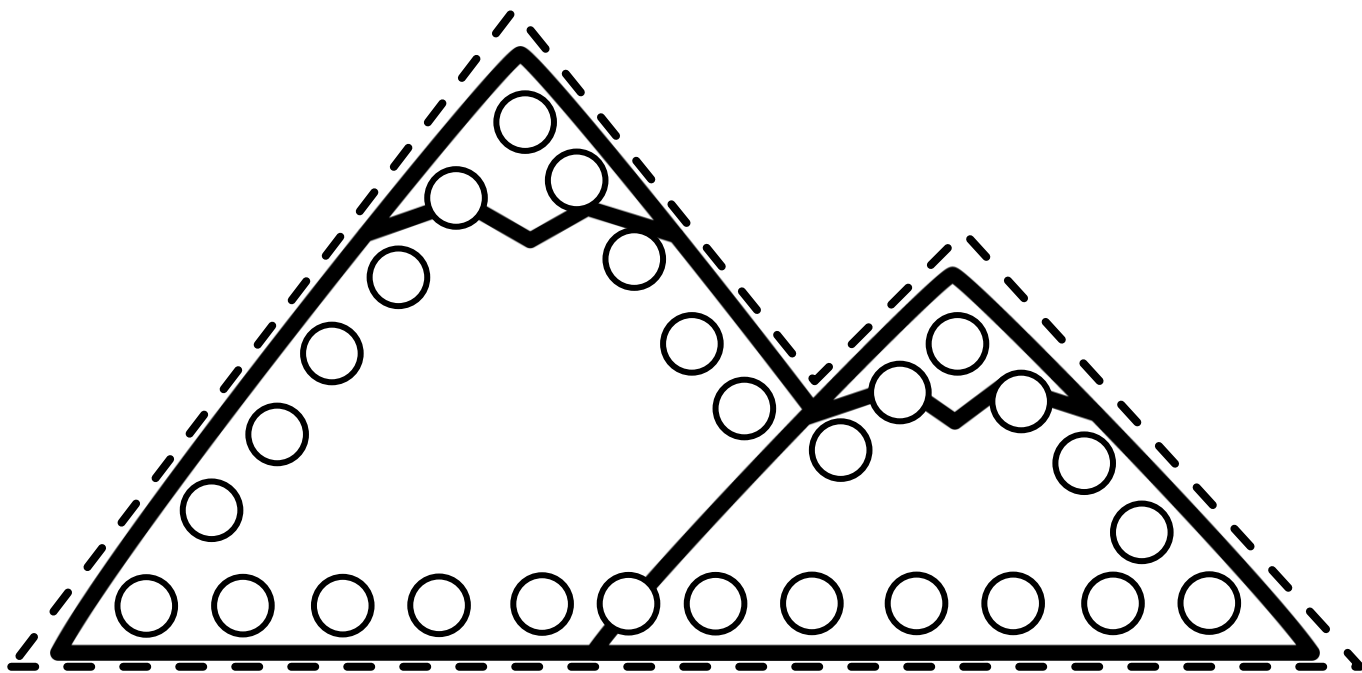


Name: _____

Wrist + Hand



I can punch holes.



Name:

Hand + Finger



I can tear and glue a melted snowman.



Name: _____

Scissors



I can fold and cut out snowflakes.

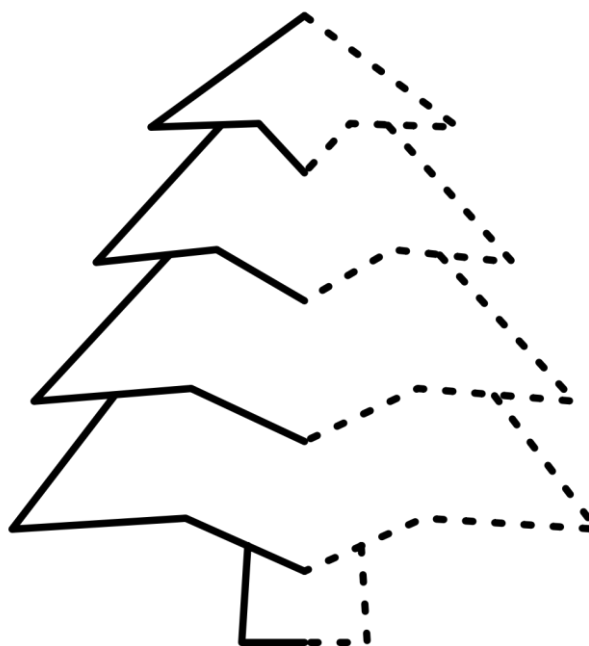
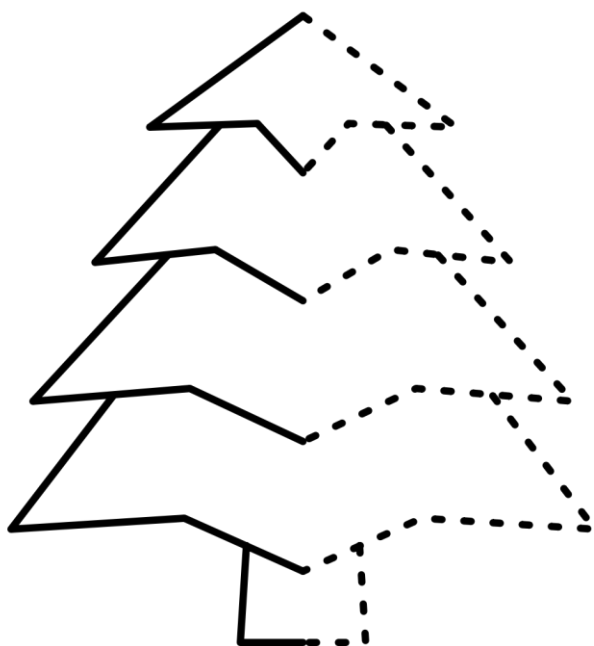


Name: _____

Draw + Write



I can trace to complete the trees.

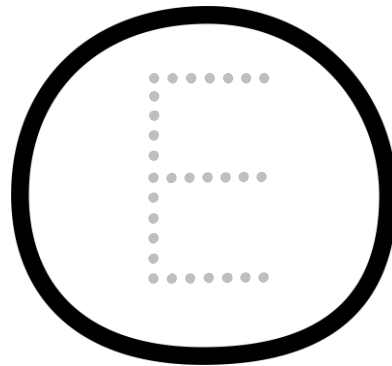
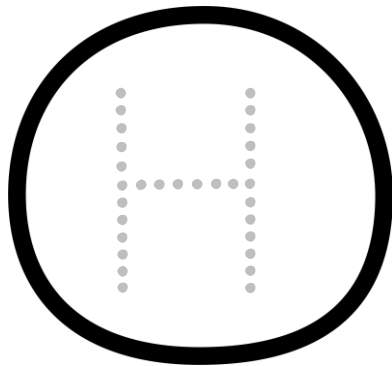
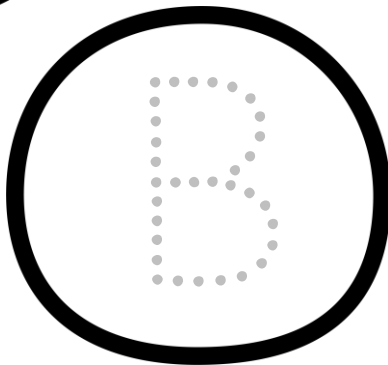
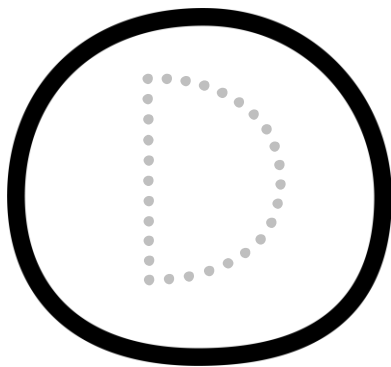
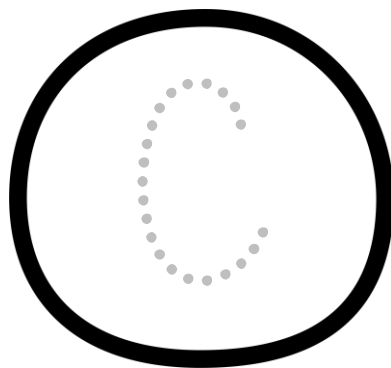
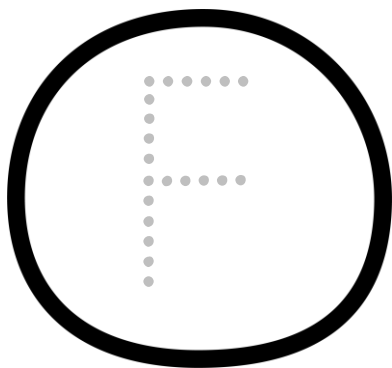
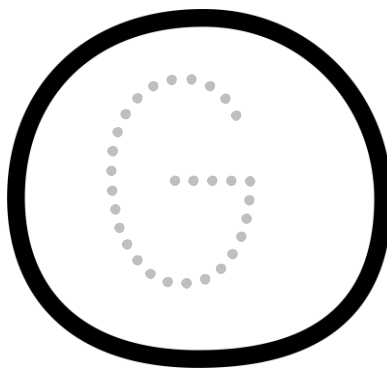
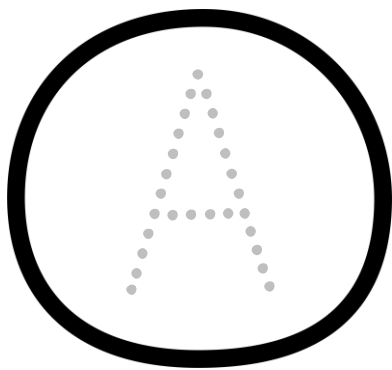


Name: _____

Printing



I can trace letters.

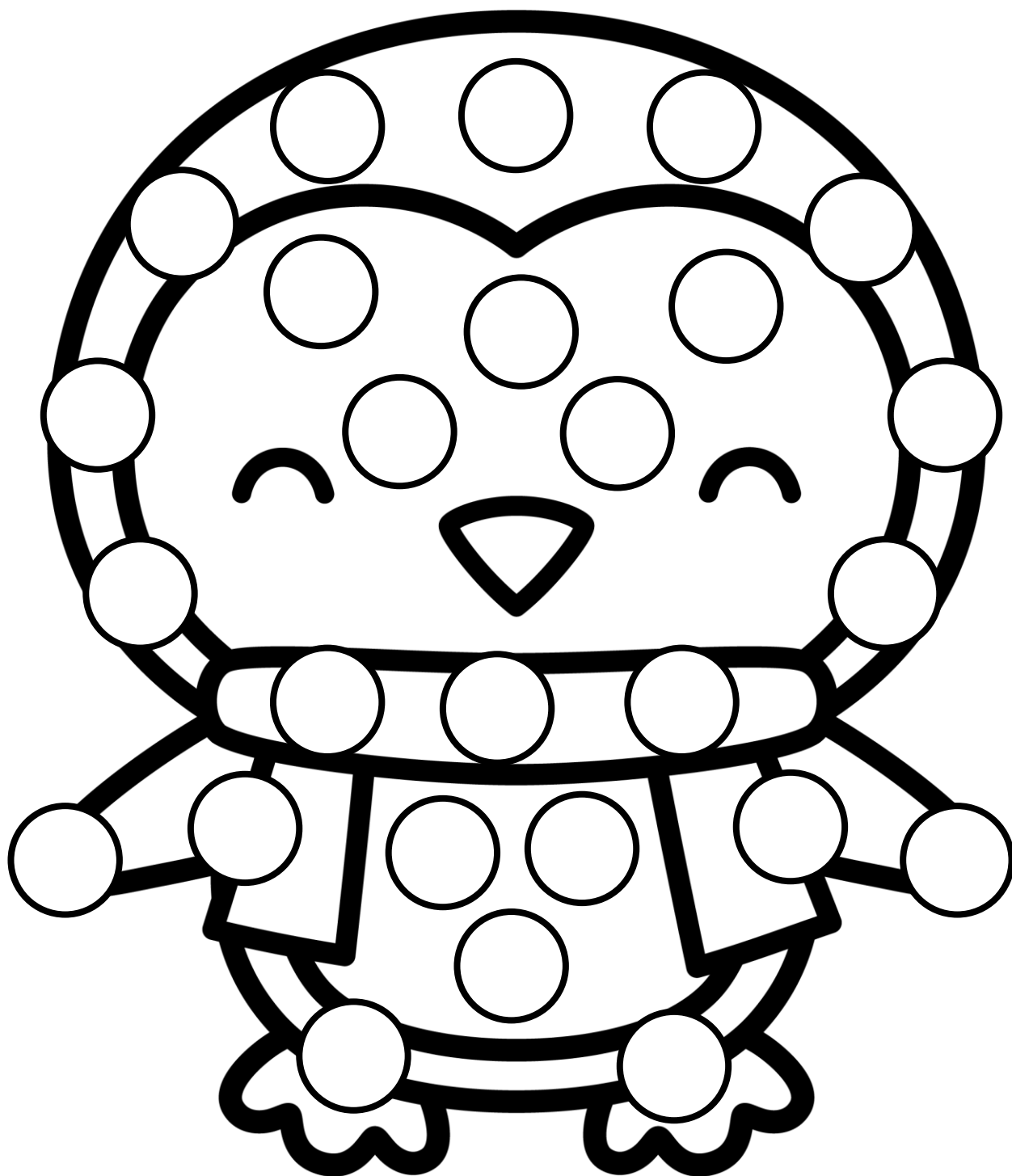


Name: _____

Wrist + Hand



I can dab and dot images.

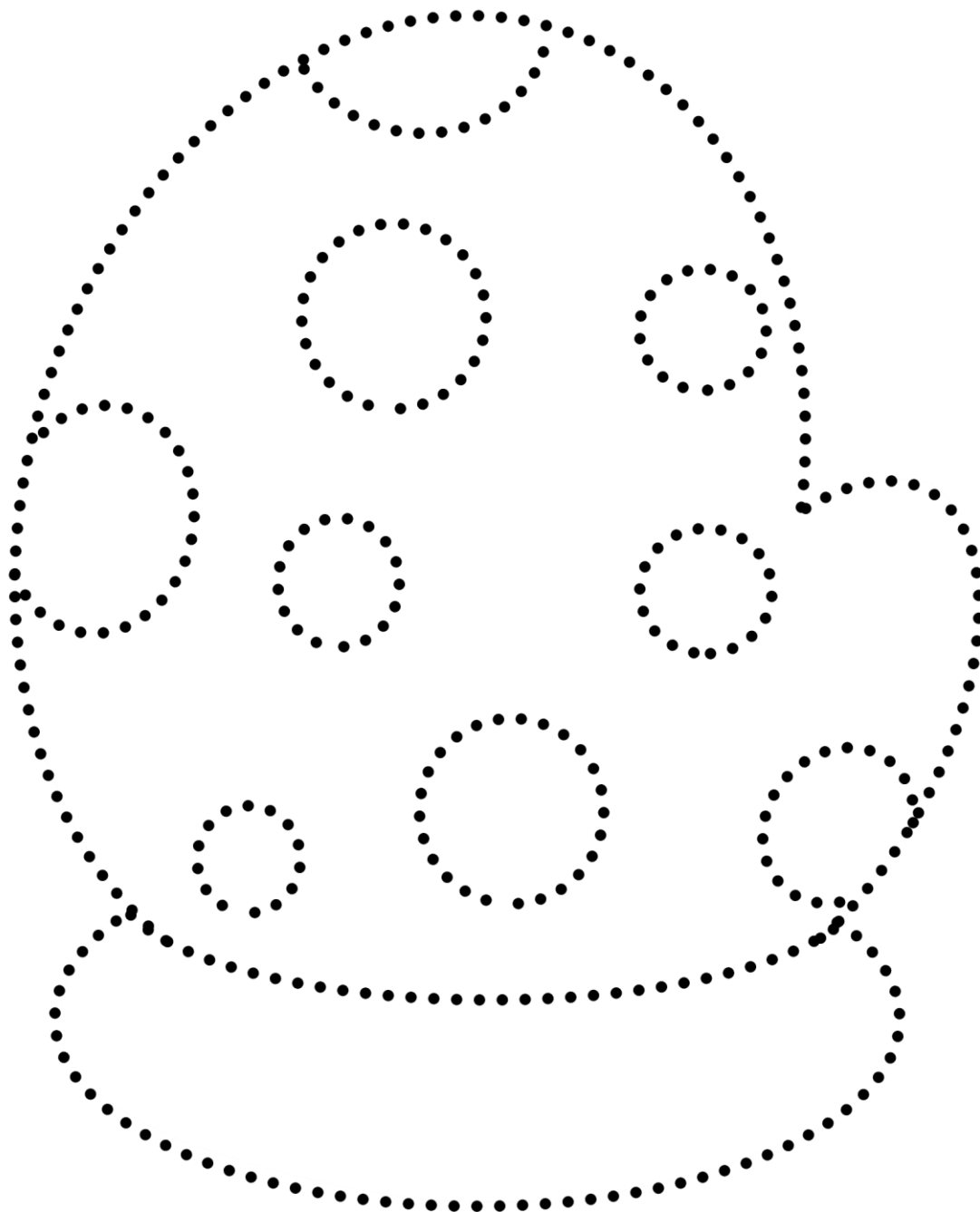


Name: _____

Hand + Finger



I can use push pins.



Name: _____

Scissors



I can cut along the line.

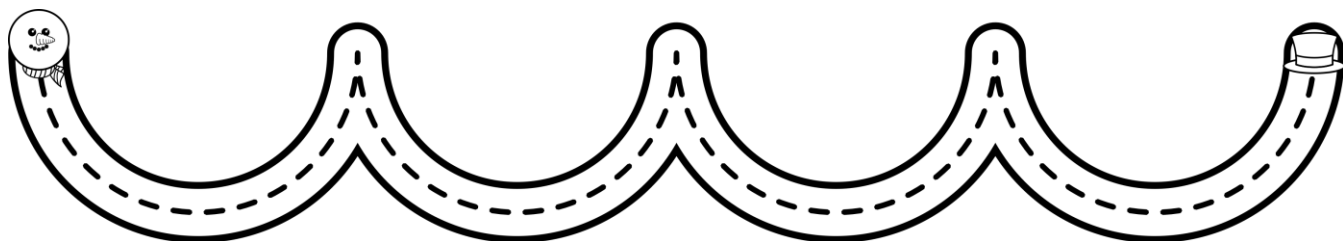


Name: _____

Draw + Write



I can trace lines.

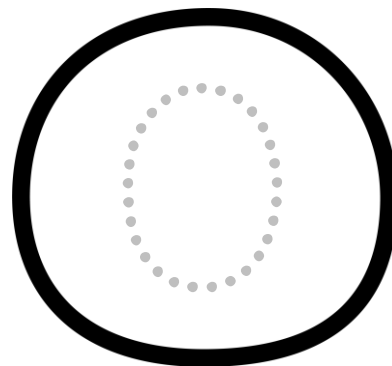
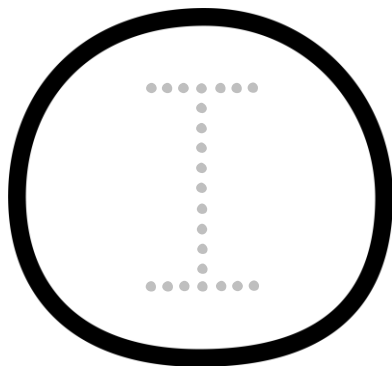
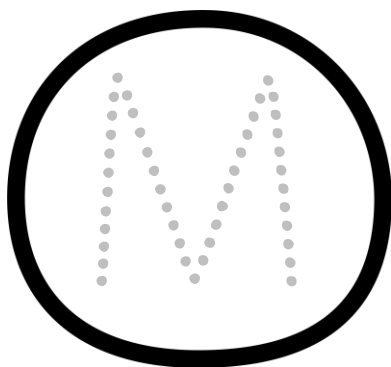
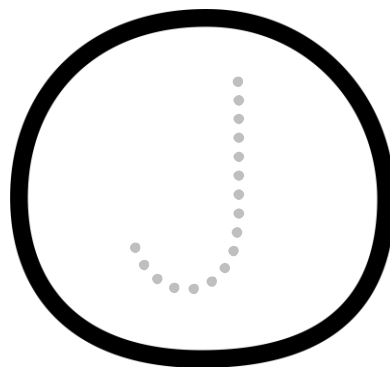
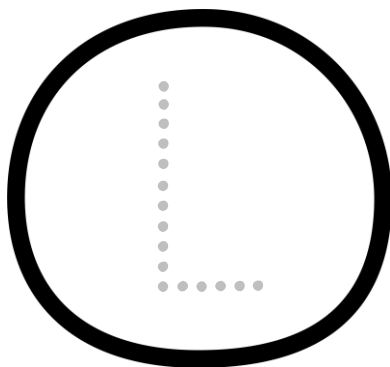
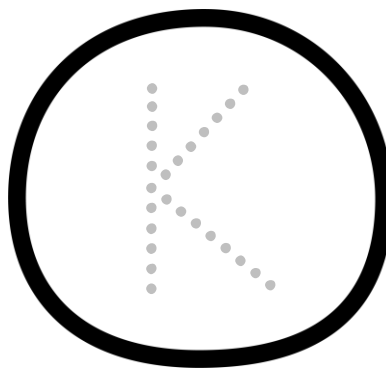
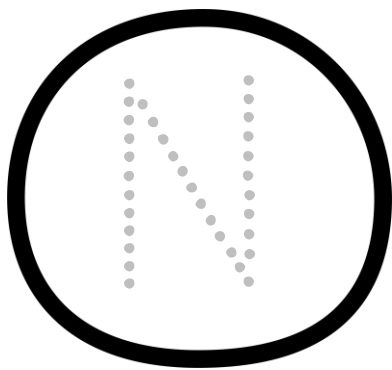


Name: _____

Printing



I can trace letters.

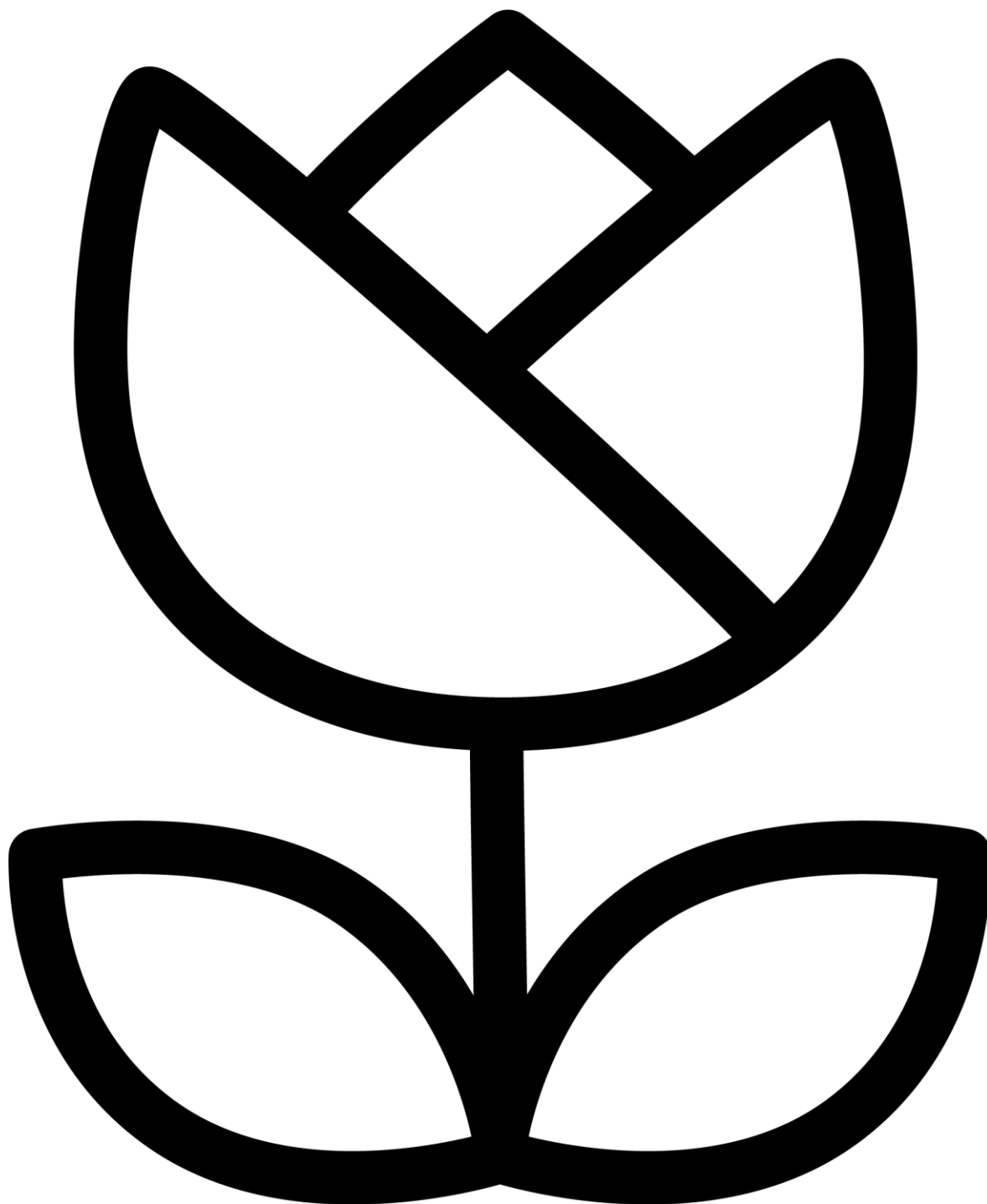


Name: _____

Wrist + Hand



I can squeeze glue.

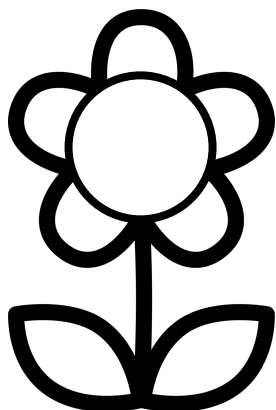
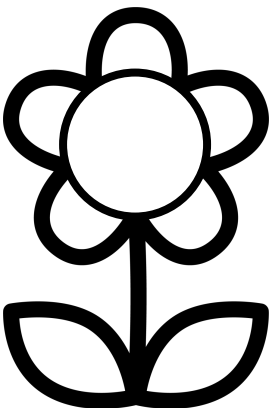
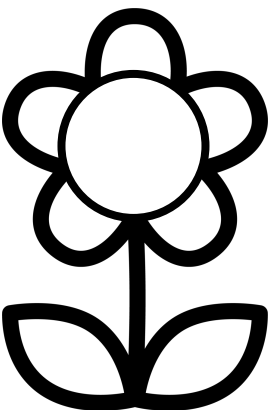
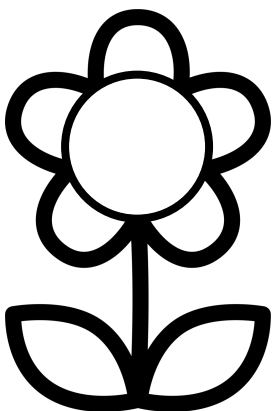
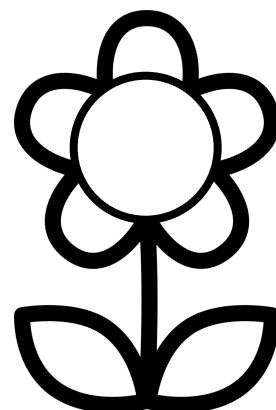
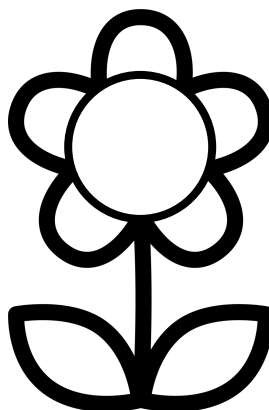
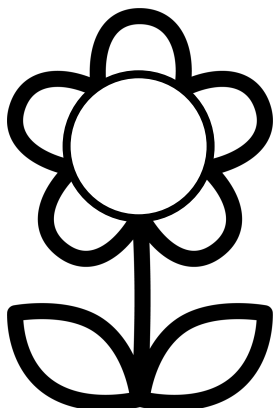
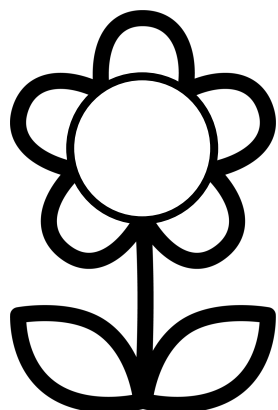
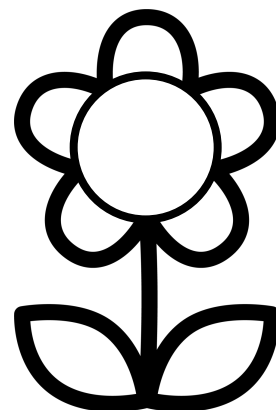
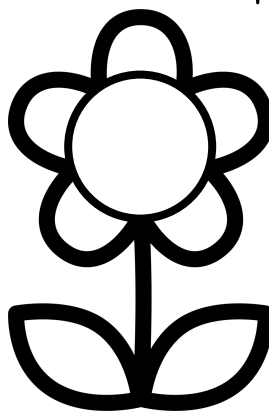
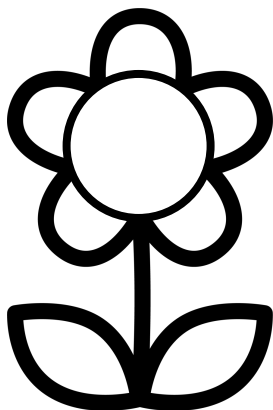
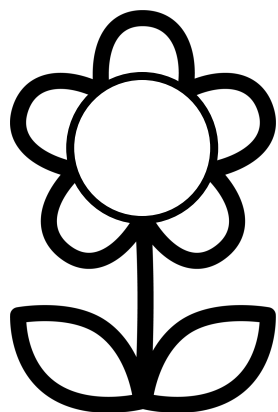


Name: _____

Hand + Finger



I can dot pom poms to paint.

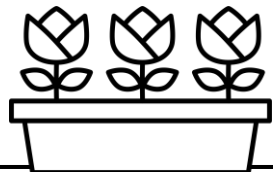


Name: _____

Scissors



I can cut to create a garden.

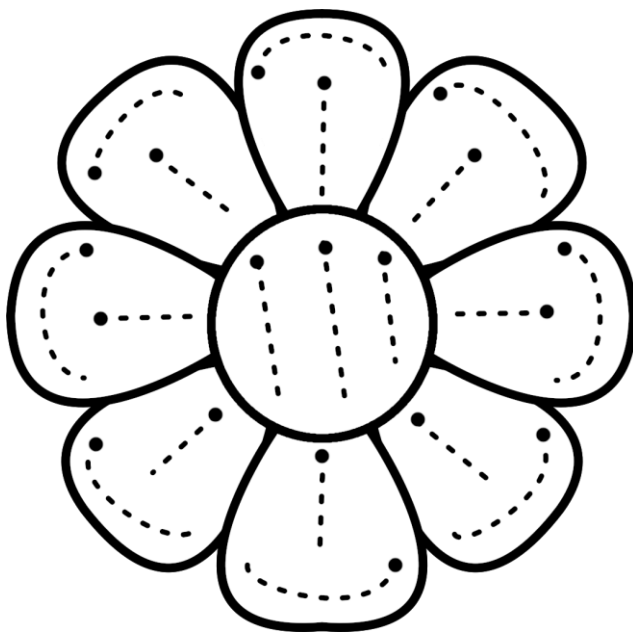
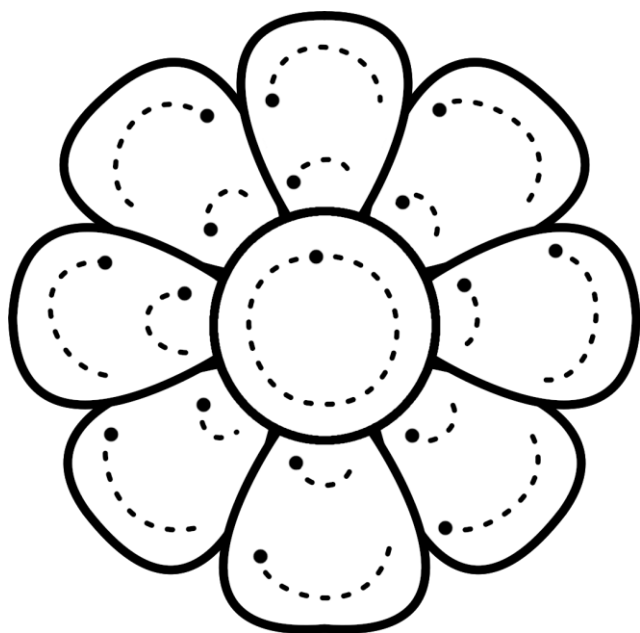
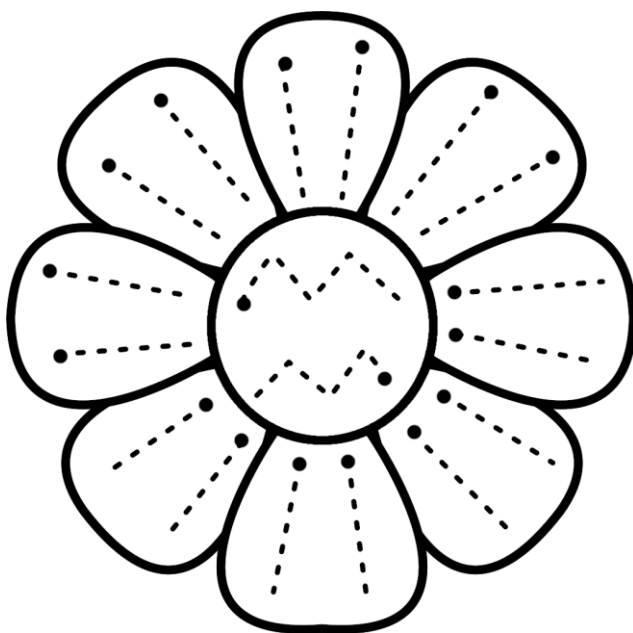
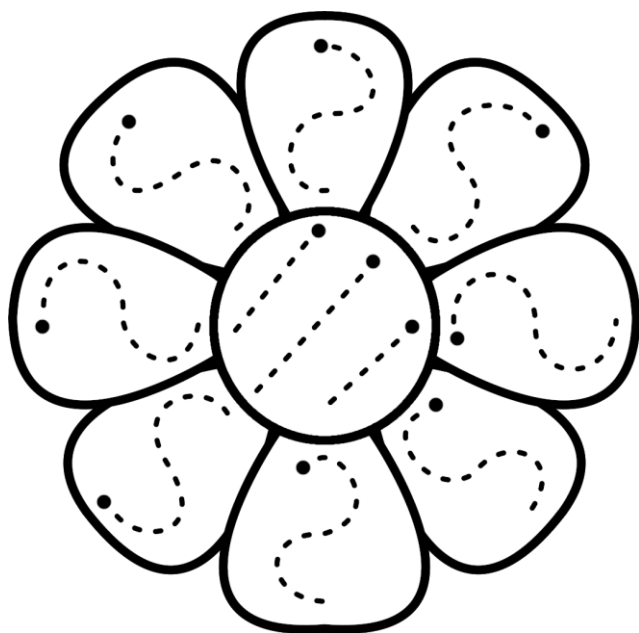


Name: _____

Draw + Write



I can trace lines.



Name:

Printing



I can write and reveal my mystery name.

Directions: Write the name in white crayon. Use watercolors on top of the white crayon to reveal the name.

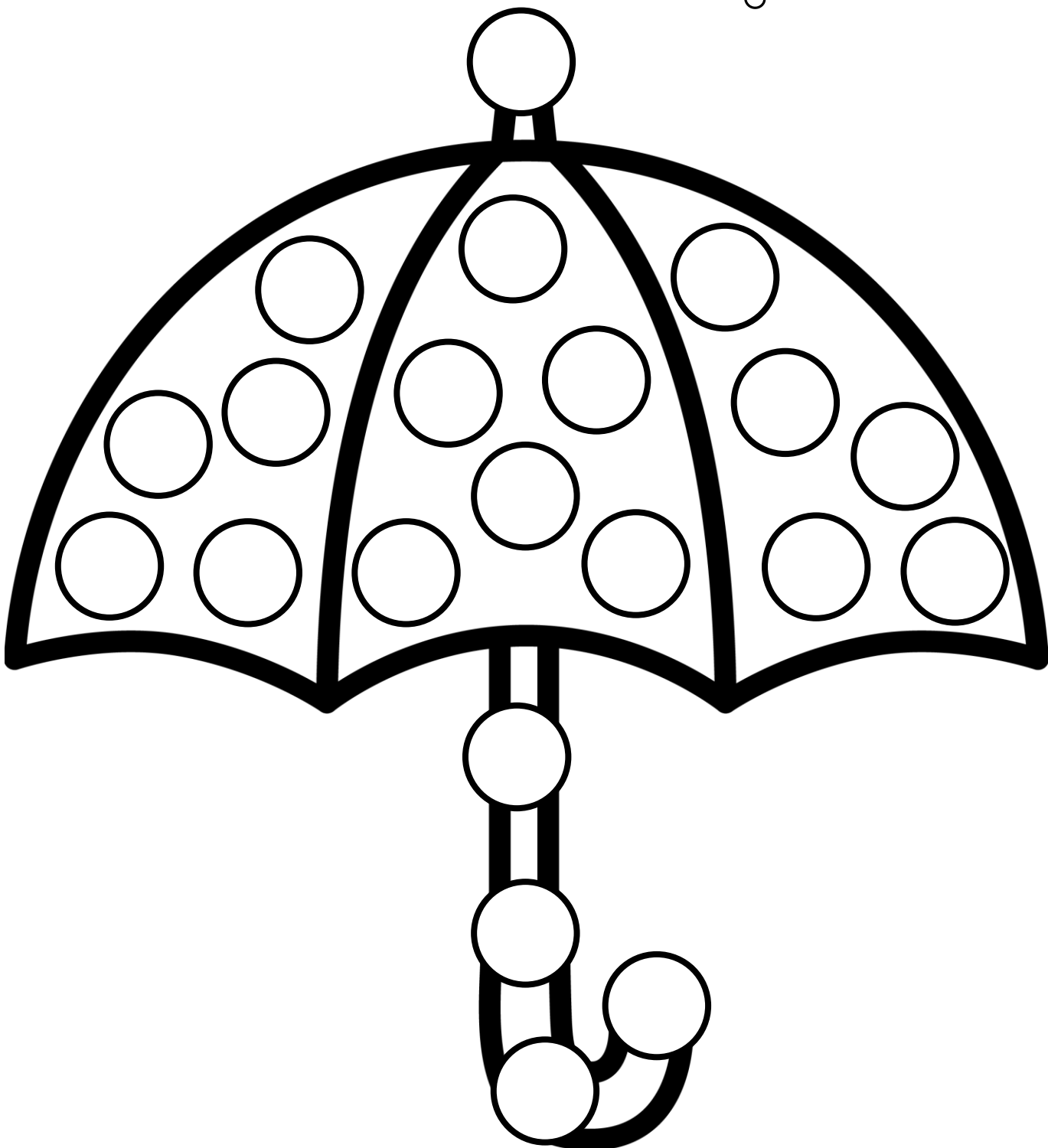


Name: _____

Wrist + Hand



I can dab and dot images.

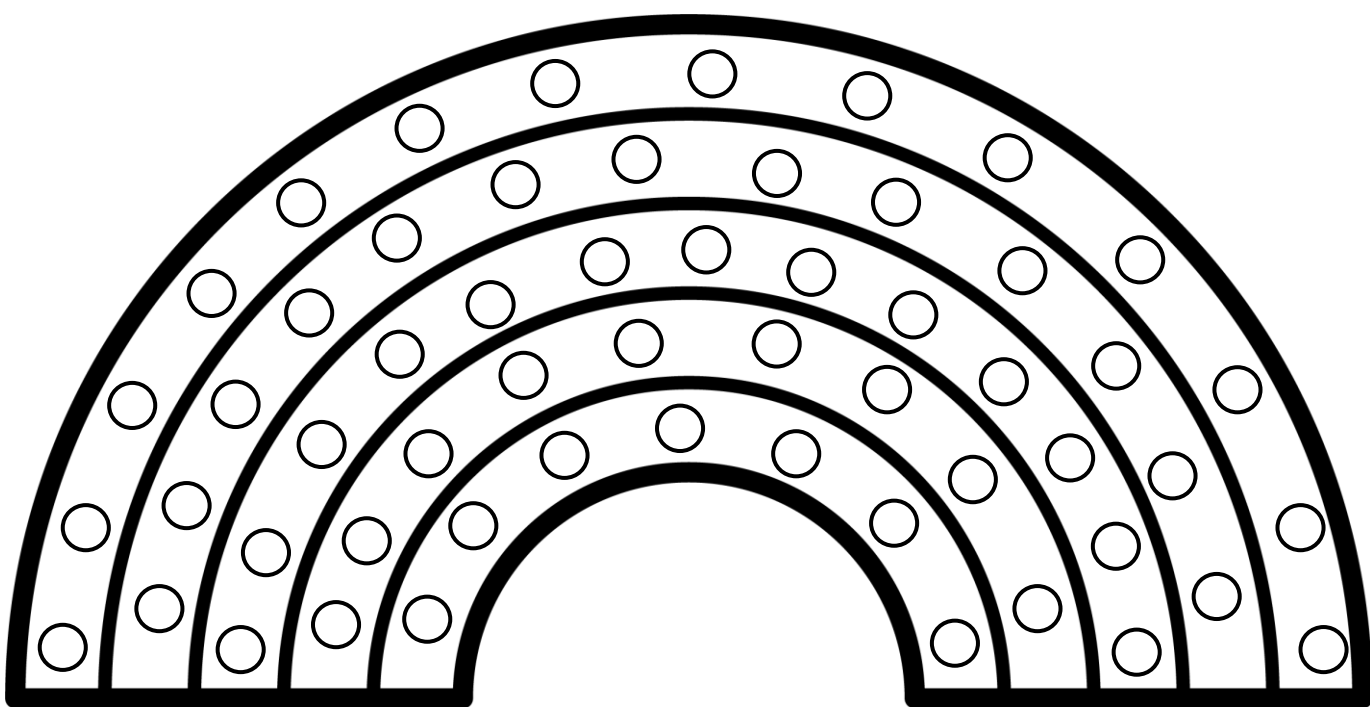


Name: _____

Hand + Finger



I can dip and dot to paint.

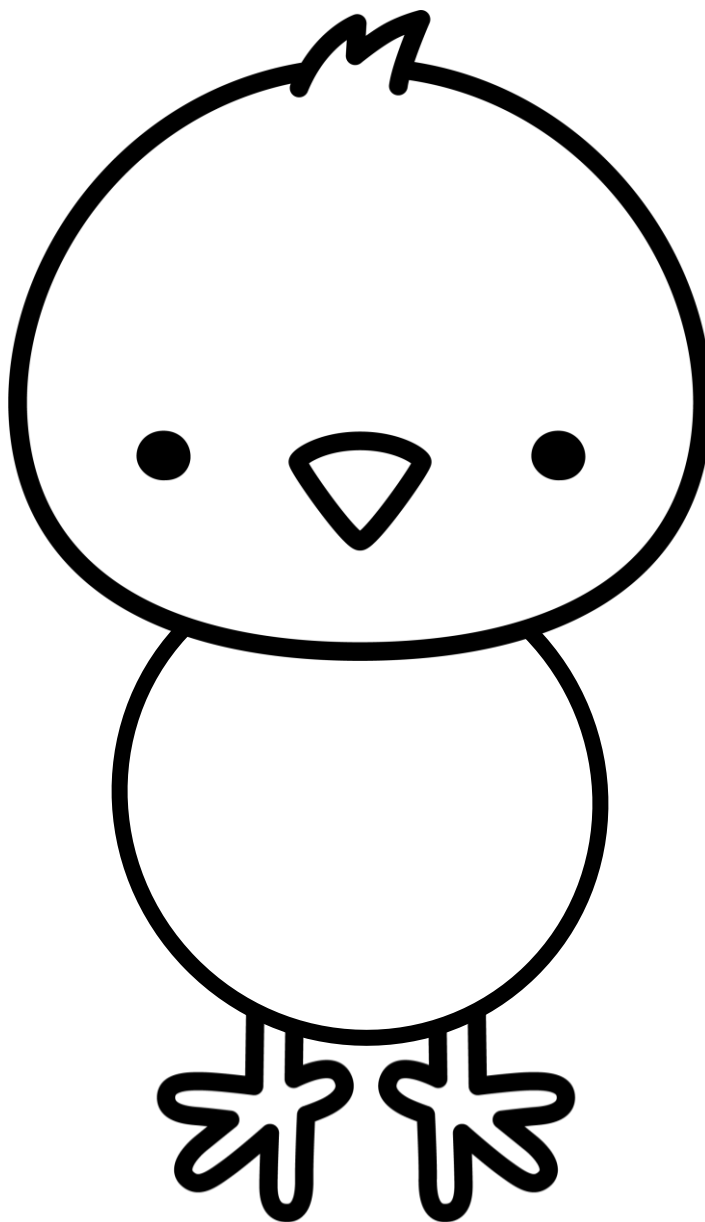


Name: _____

Scissors



I can cut snips for a feathered look.

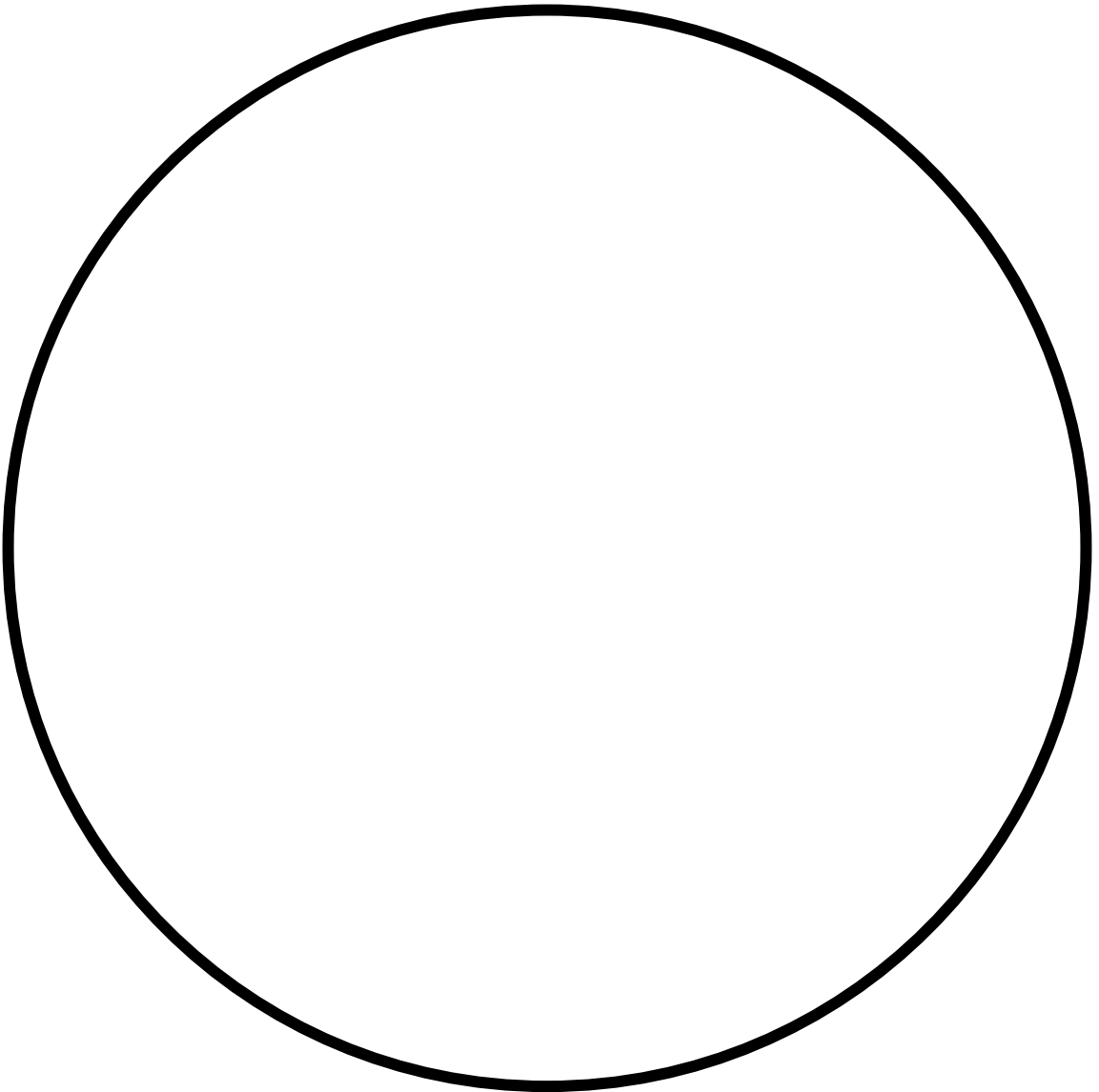


Name: _____

Draw + Write



I can draw a self-portrait.



Name: _____

Printing



I can write and reveal the mystery alphabet.

Directions: Write the alphabet in white crayon. Use watercolors on top of the white crayon to reveal.



Name: _____

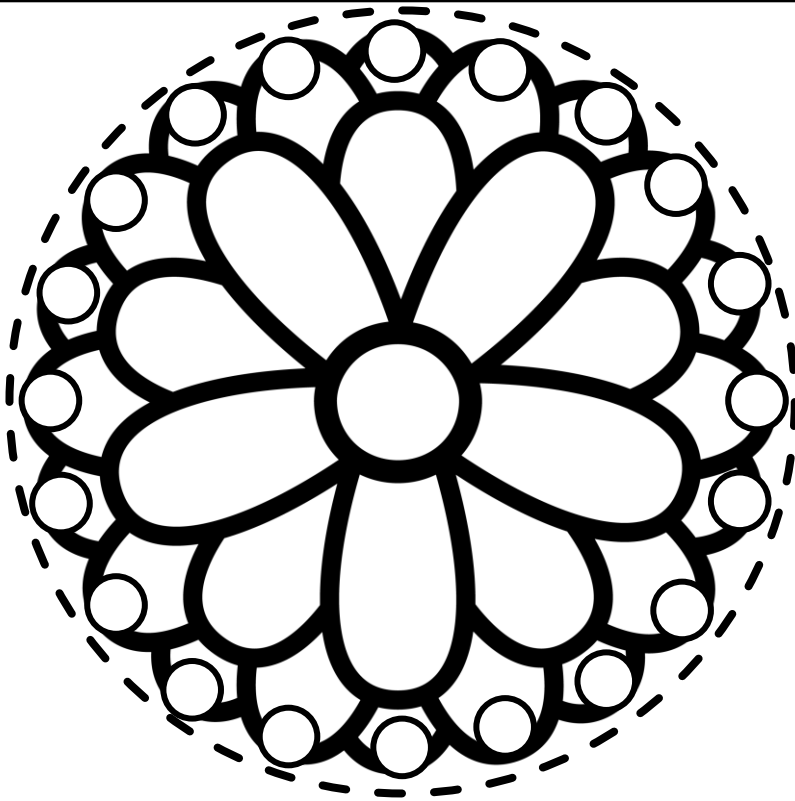
Wrist + Hand



I can punch holes.



FINE MOTOR ACTIVITIES ©Tara West

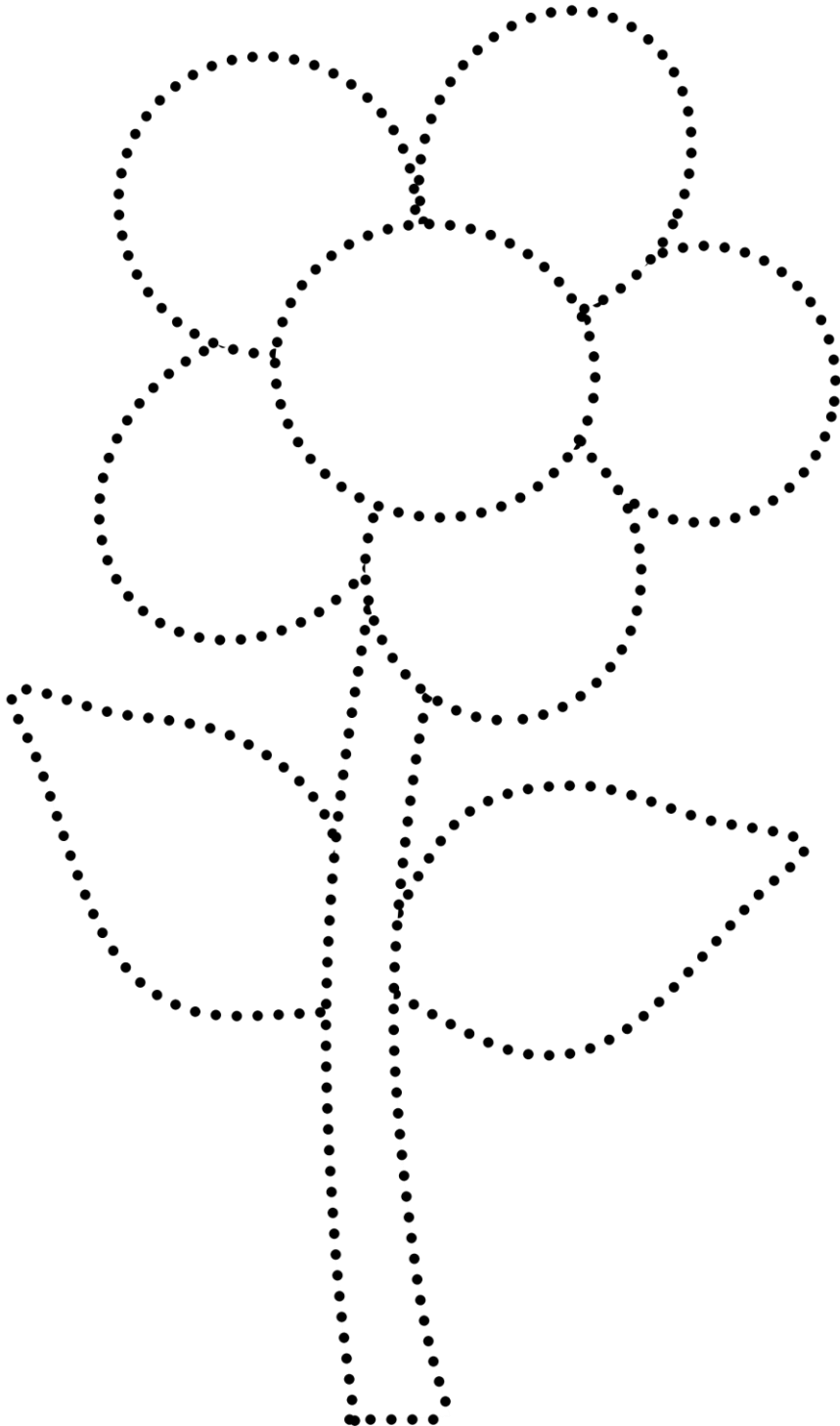


Name: _____

Hand + Finger



I can use push pins.

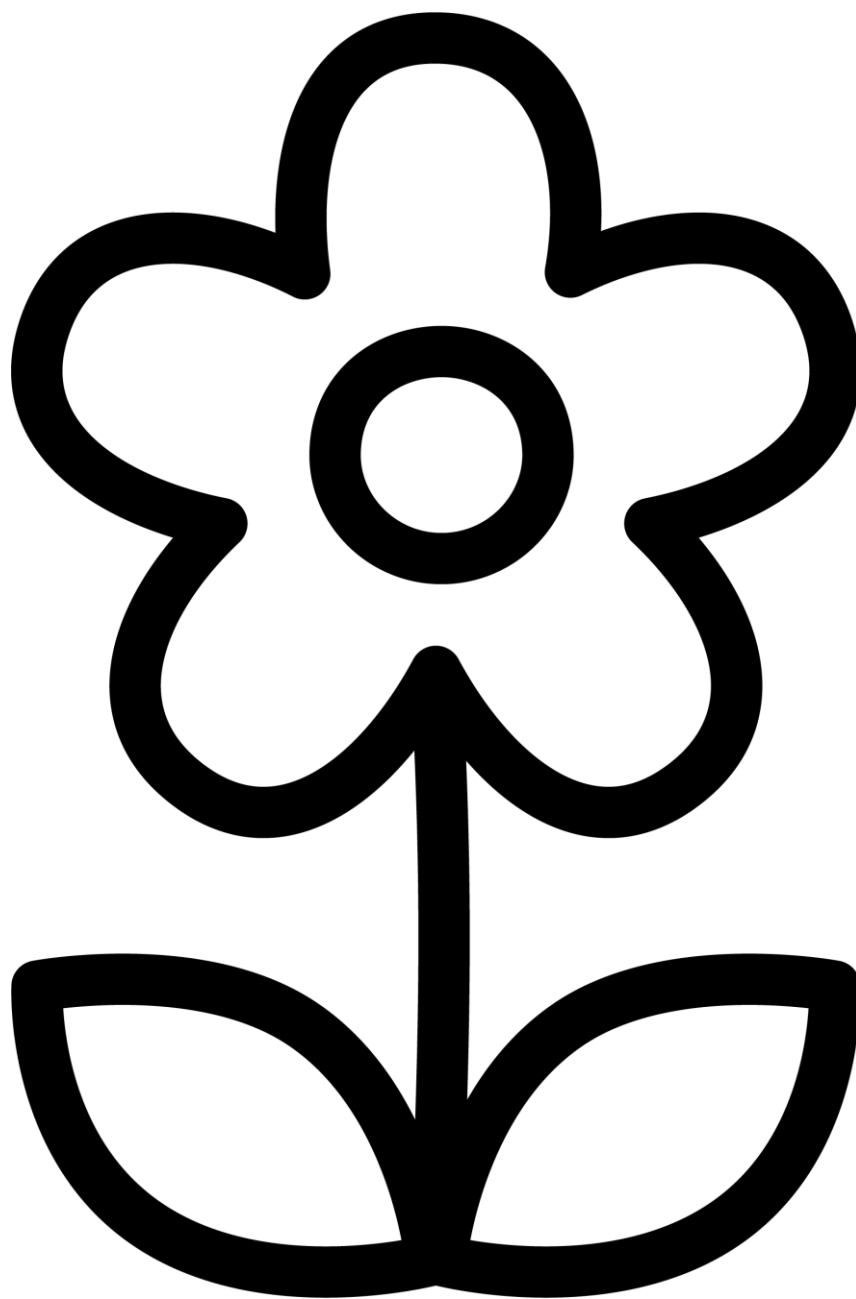


Name: _____

Scissors



I can cut and glue grass fringe.



glue here



Name: _____

Draw + Write



I can trace loop lines.



Name: _____

Printing



I can write and reveal mystery numbers.

Directions: Write the numbers in white crayon. Use watercolors on top of the white crayon to reveal.

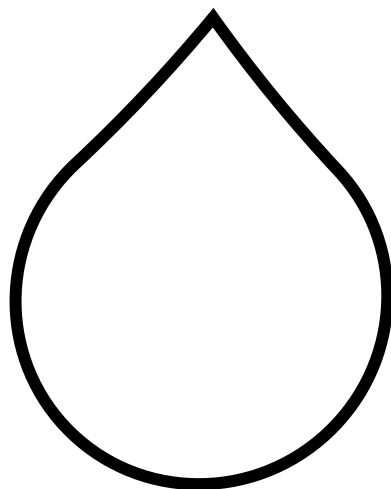
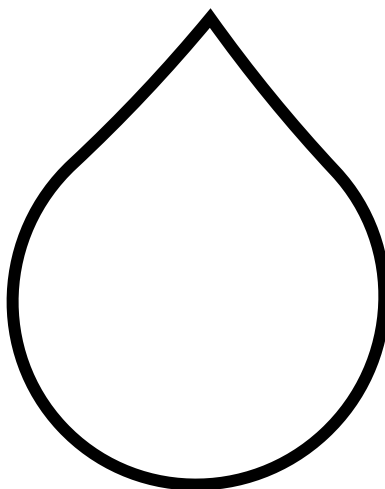
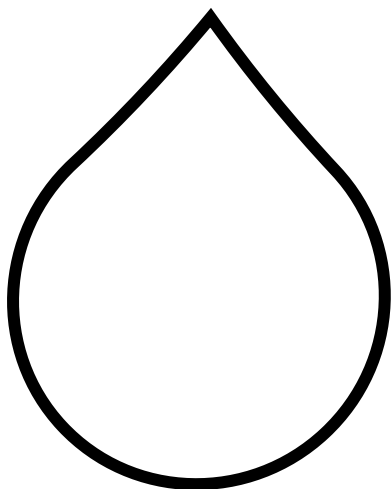
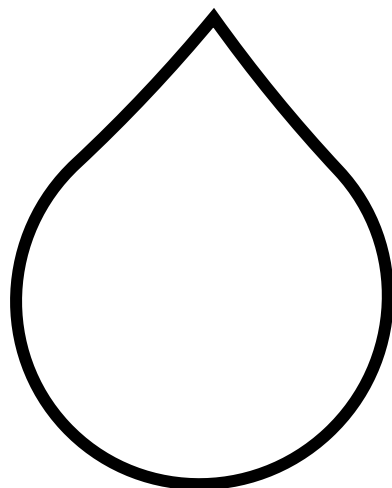
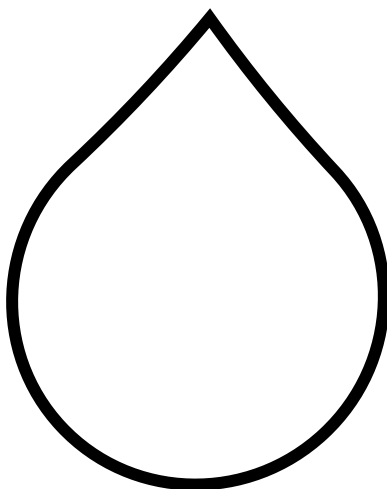
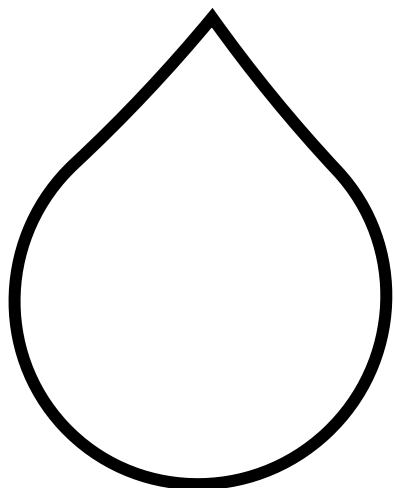


Name: _____

Wrist + Hand



I can use droppers.

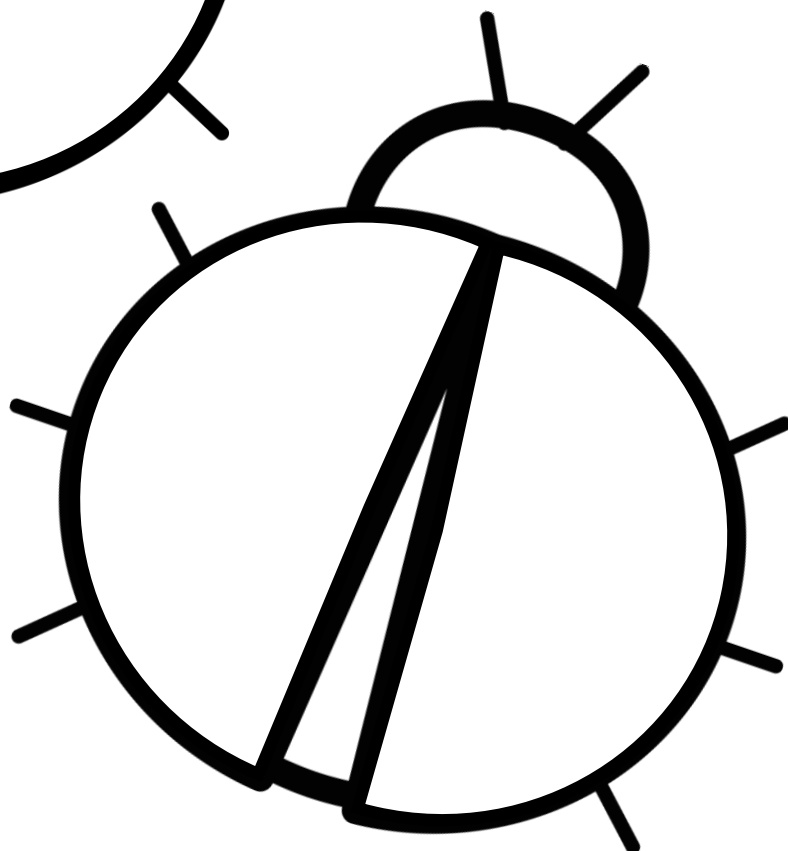
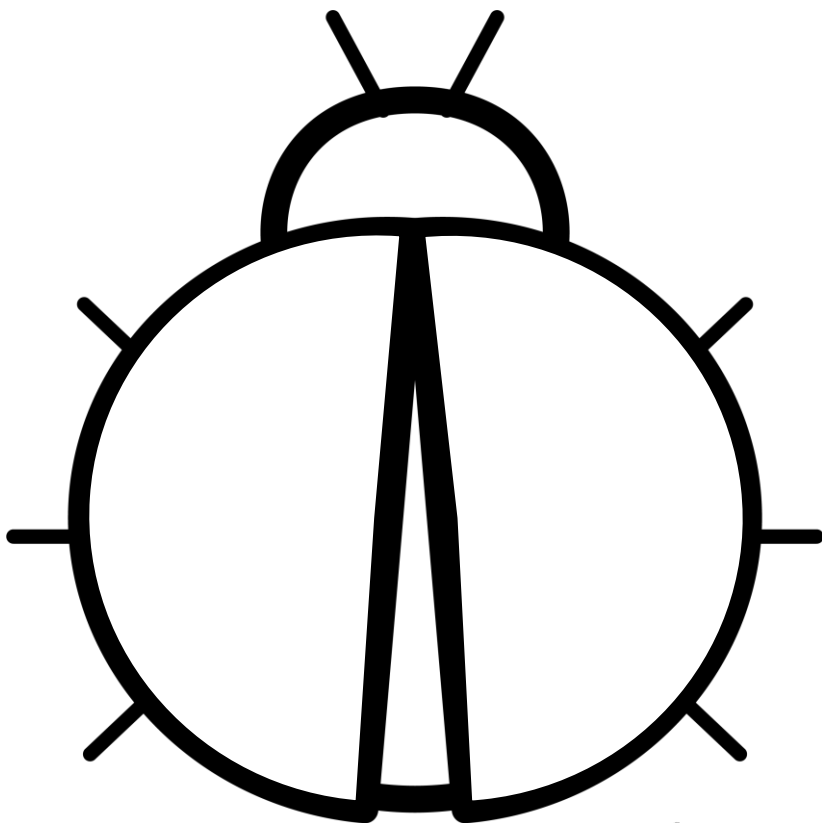


Name: _____

Hand + Finger



I can peel and stick stickers.

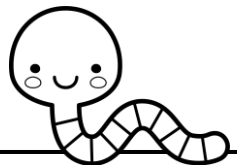


Name: _____

Scissors



I can cut and glue string (worms).



Name: _____

Draw + Write



I can trace and color patterns.

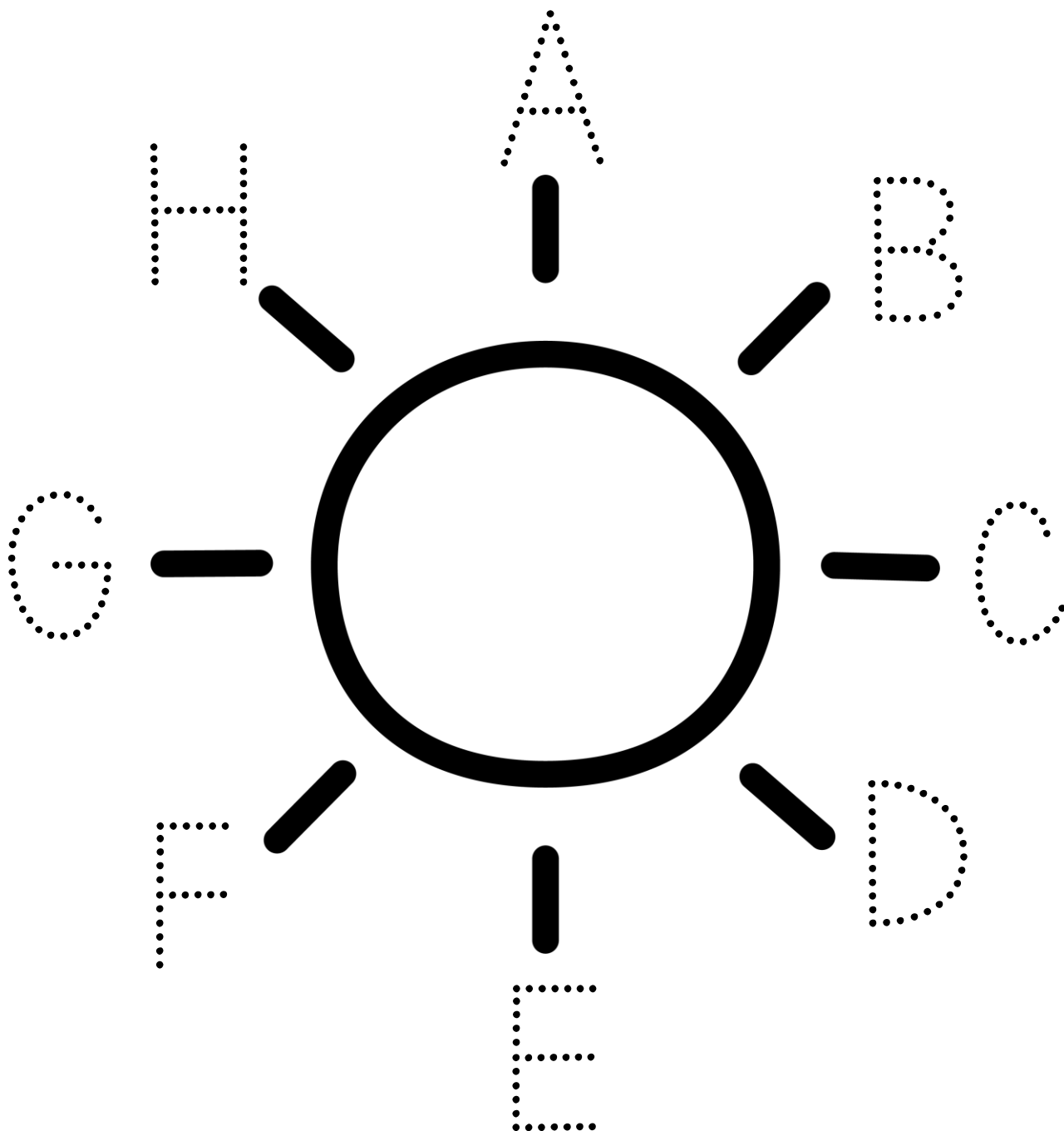


Name: _____

Printing



I can trace letters.

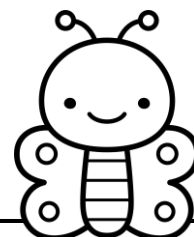


Name: _____

Wrist + Hand



I can paint a butterfly with my handprints.

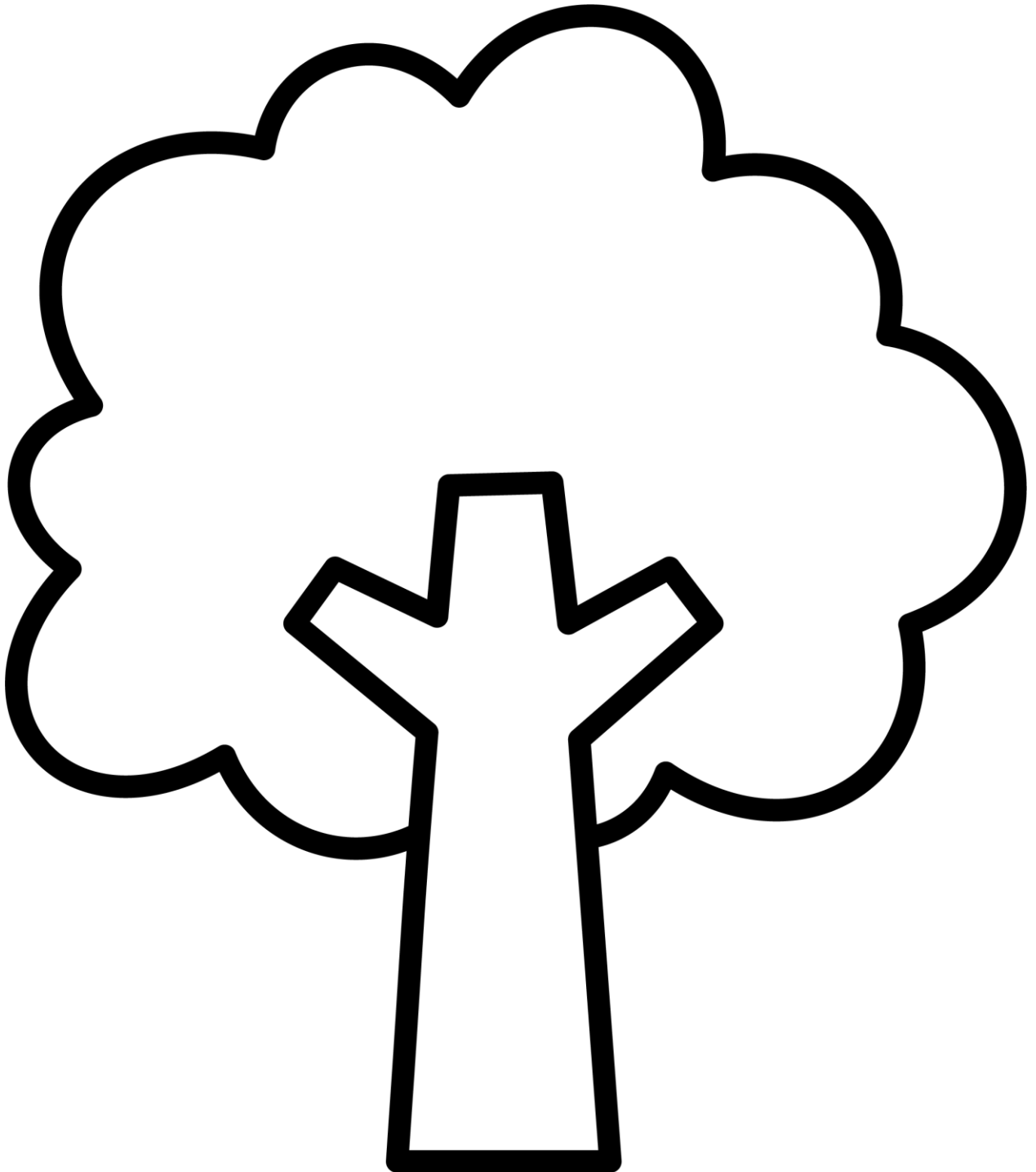


Name: _____

Hand + Finger



I can roll crumbled tissue paper balls (blossoms).



Name:

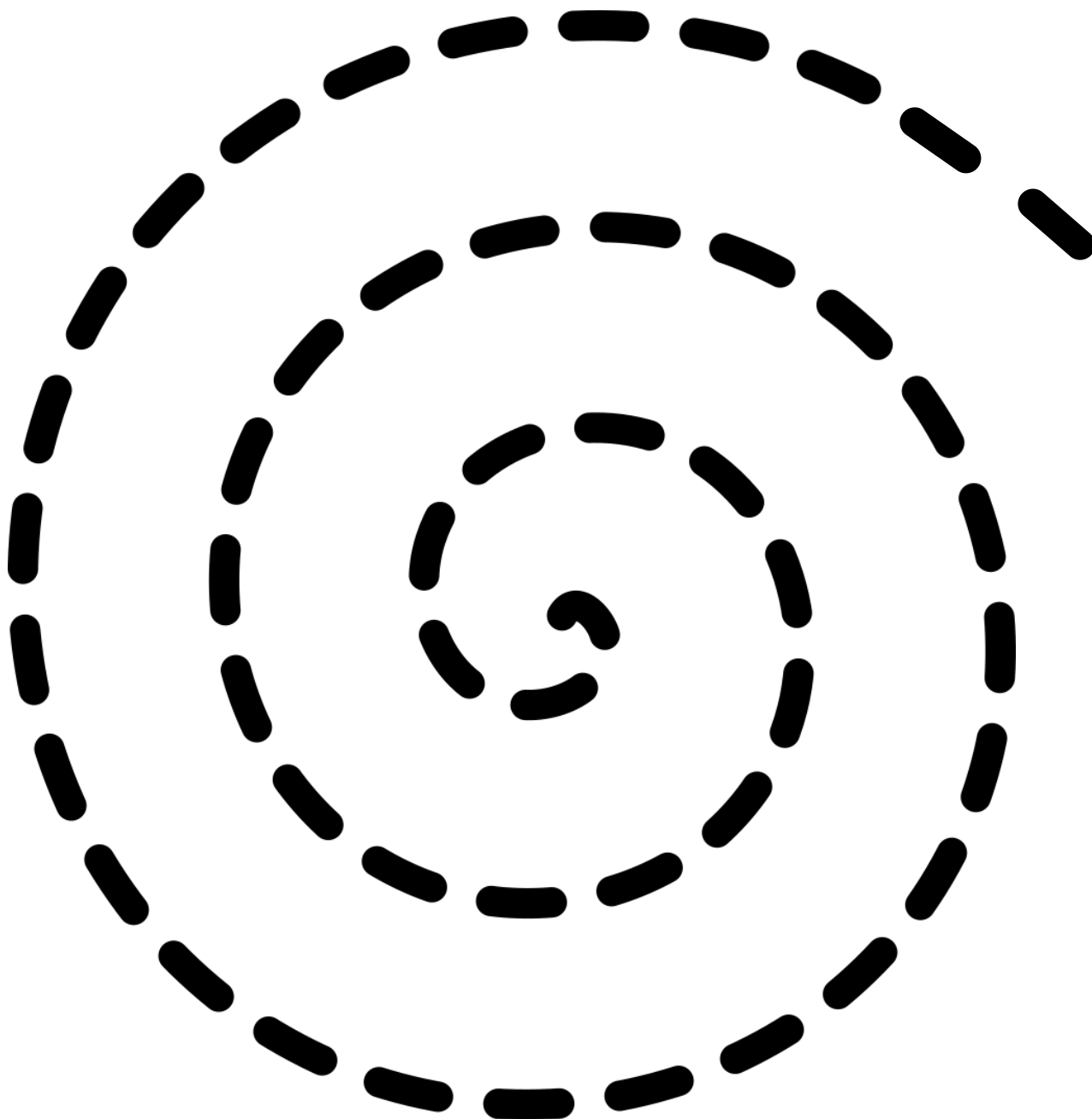
Scissors



I can cut a spiral snake.



FINE MOTOR ACTIVITIES ©Tara West

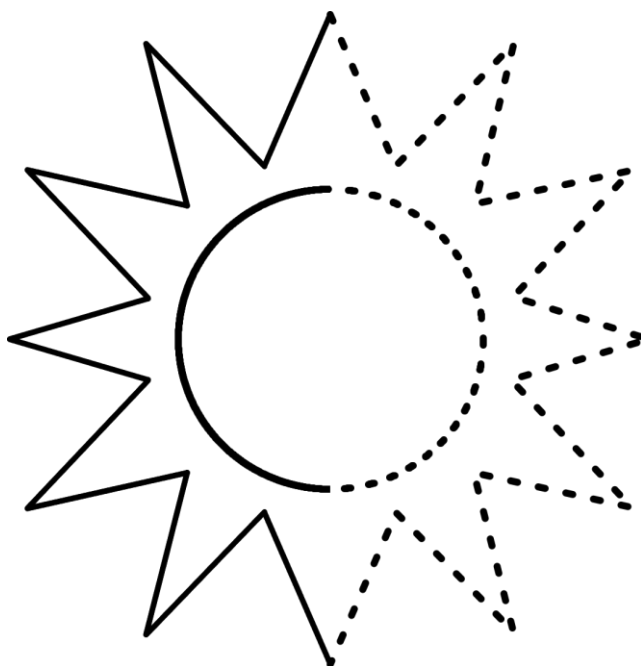
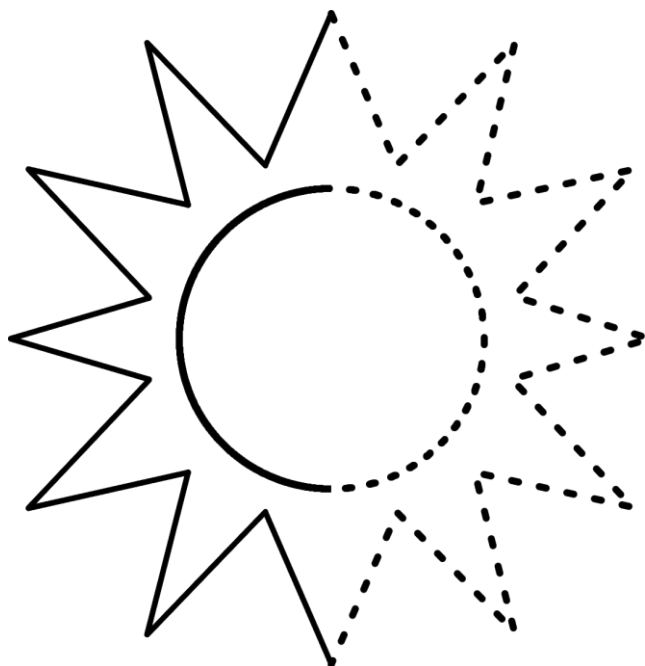
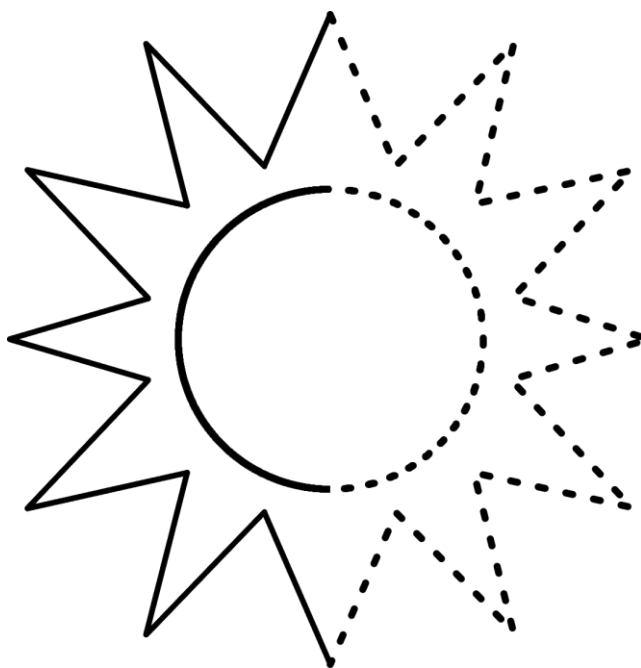
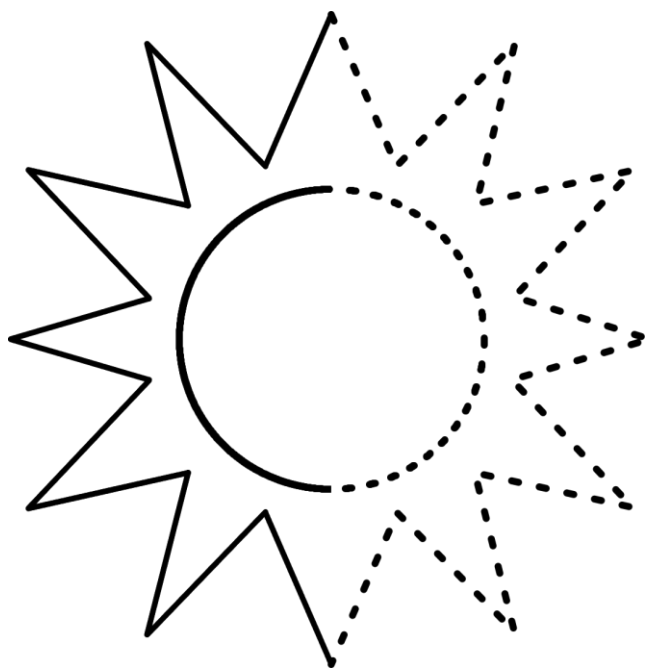


Name: _____

Draw + Write



I can trace to complete the picture.

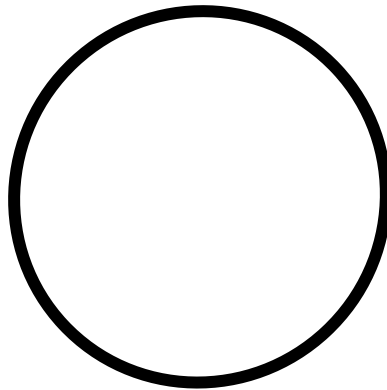


Name: _____

Printing



I can print my name as the sunrays.

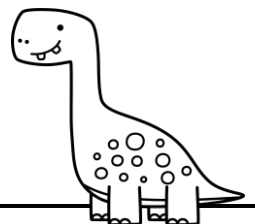


Name: _____

Wrist + Hand



I can paint with dinosaurs.

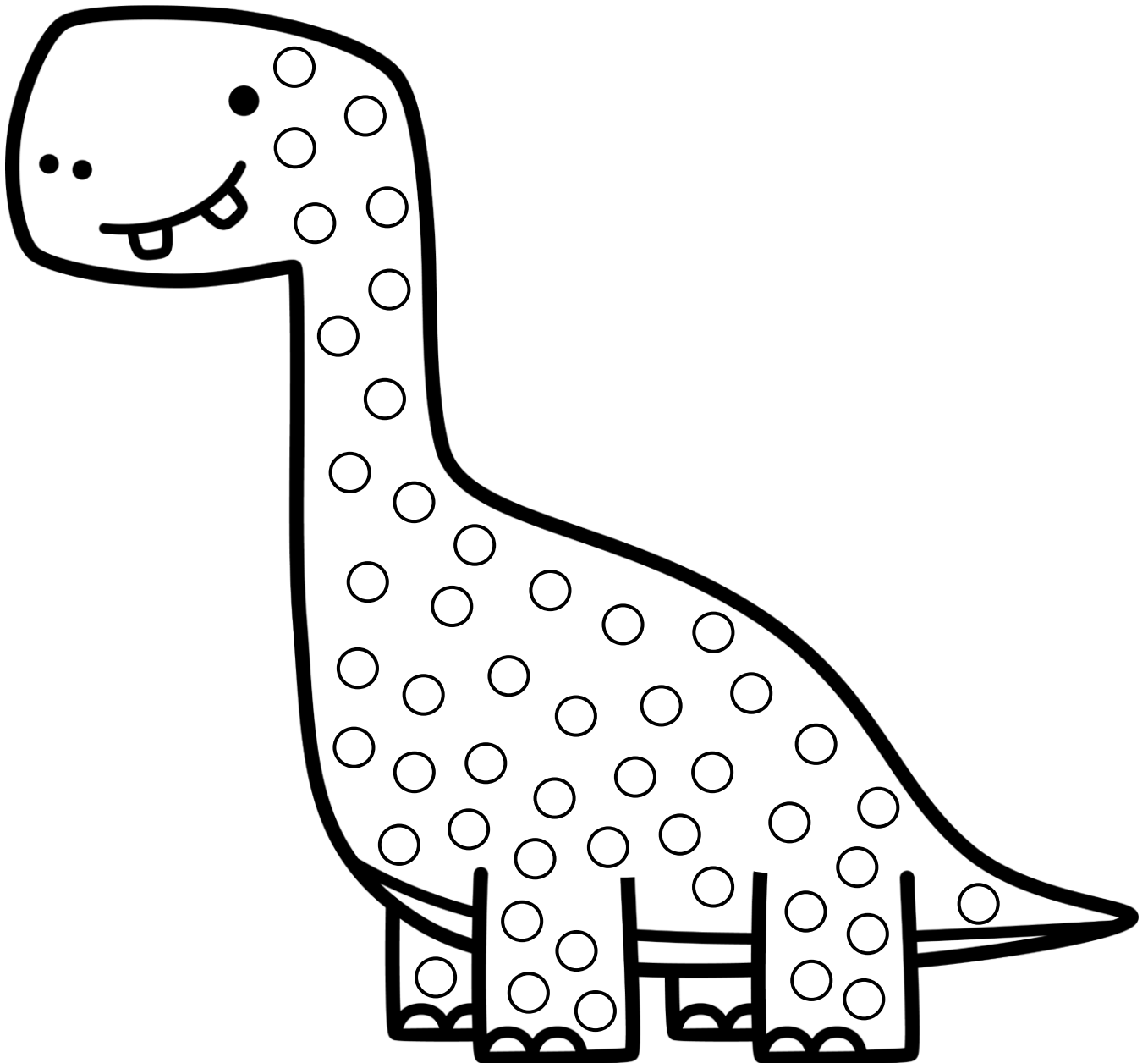


Name: _____

Hand + Finger



I can dip and dot to paint.

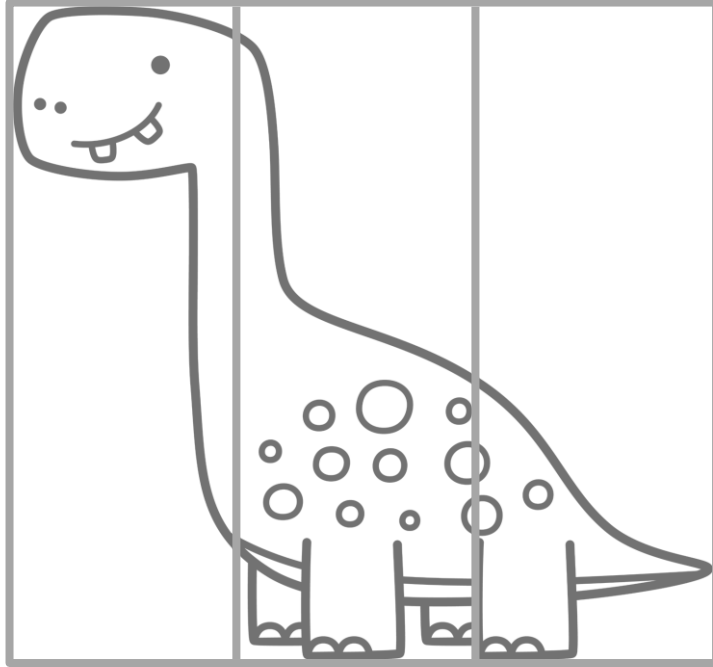


Name: _____

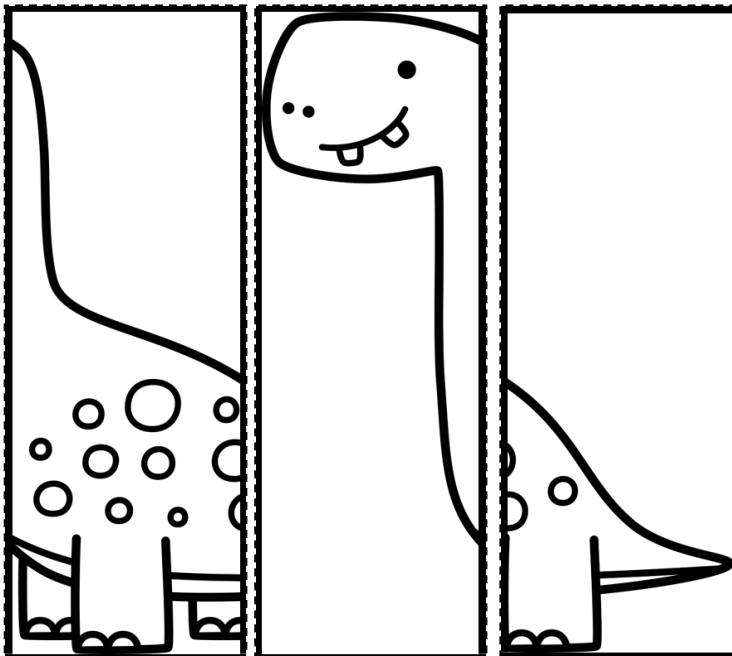
Scissors



I can cut and glue a dinosaur.



FINE MOTOR ACTIVITIES ©Tara West

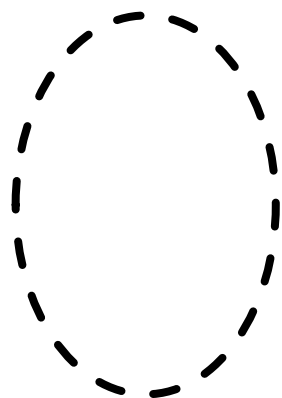
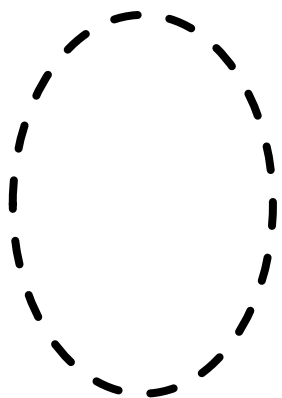
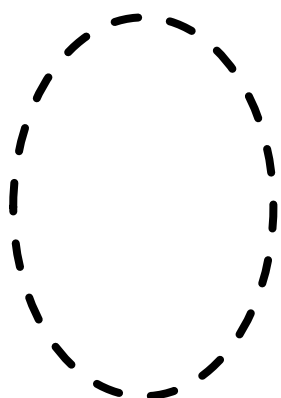
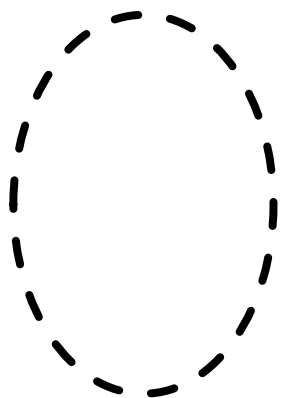
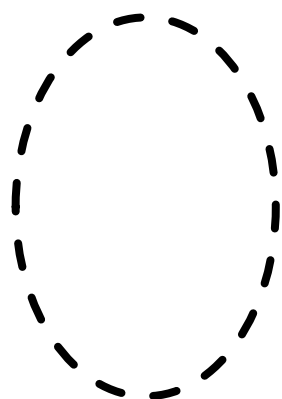
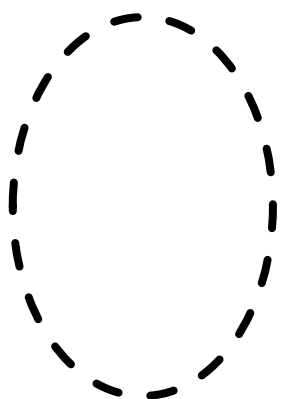
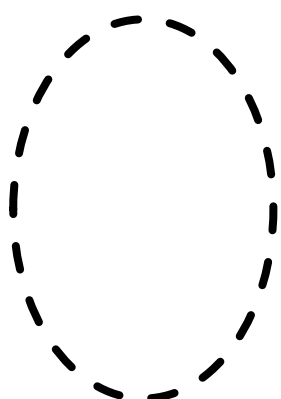
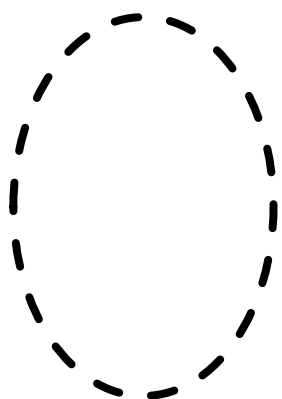
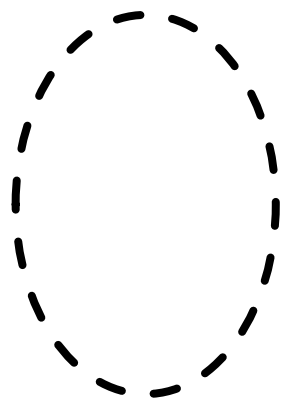
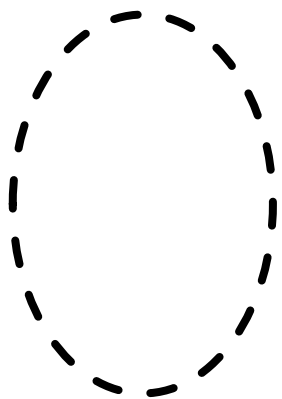
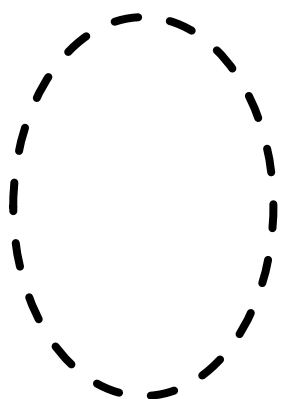
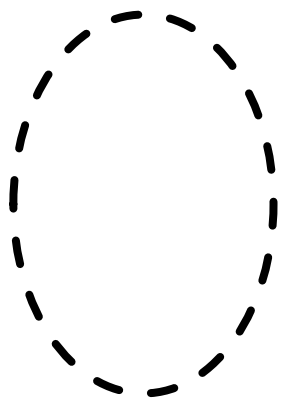


Name: _____

Draw + Write



I can trace and color ovals (eggs).



Name:

Printing



I can write my name.

Large empty rectangular box for writing practice.

Large empty rectangular box for writing practice.

Large empty rectangular box for writing practice.

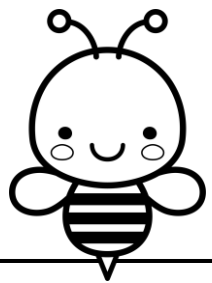


Name: _____

Wrist + Hand



I can thumbprint paint bees.

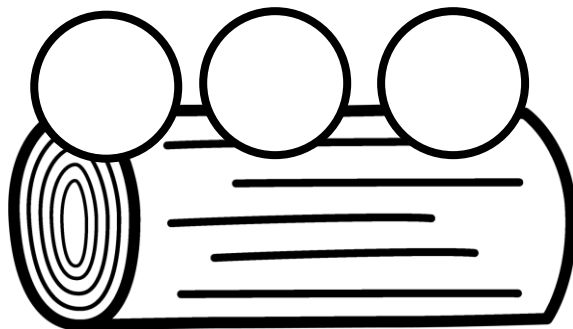
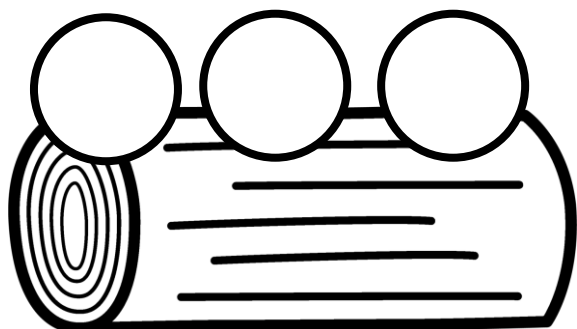
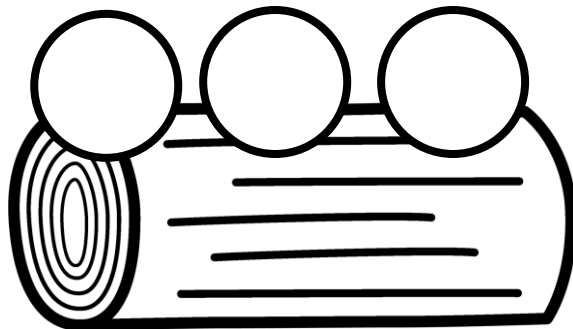
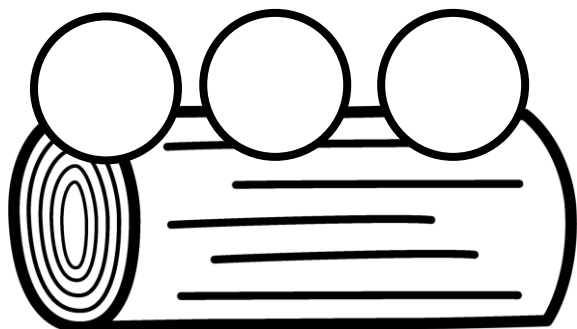
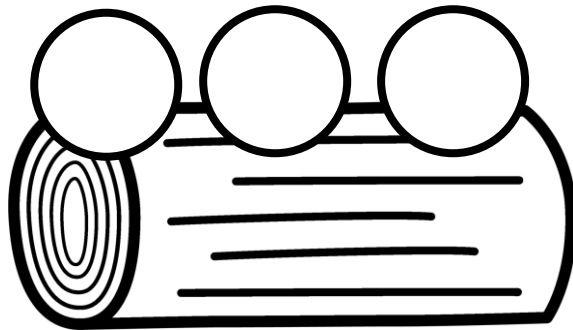
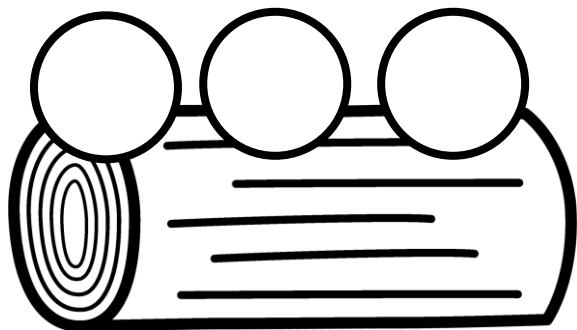


Name: _____

Hand + Finger



I can thumbprint ants on a log.

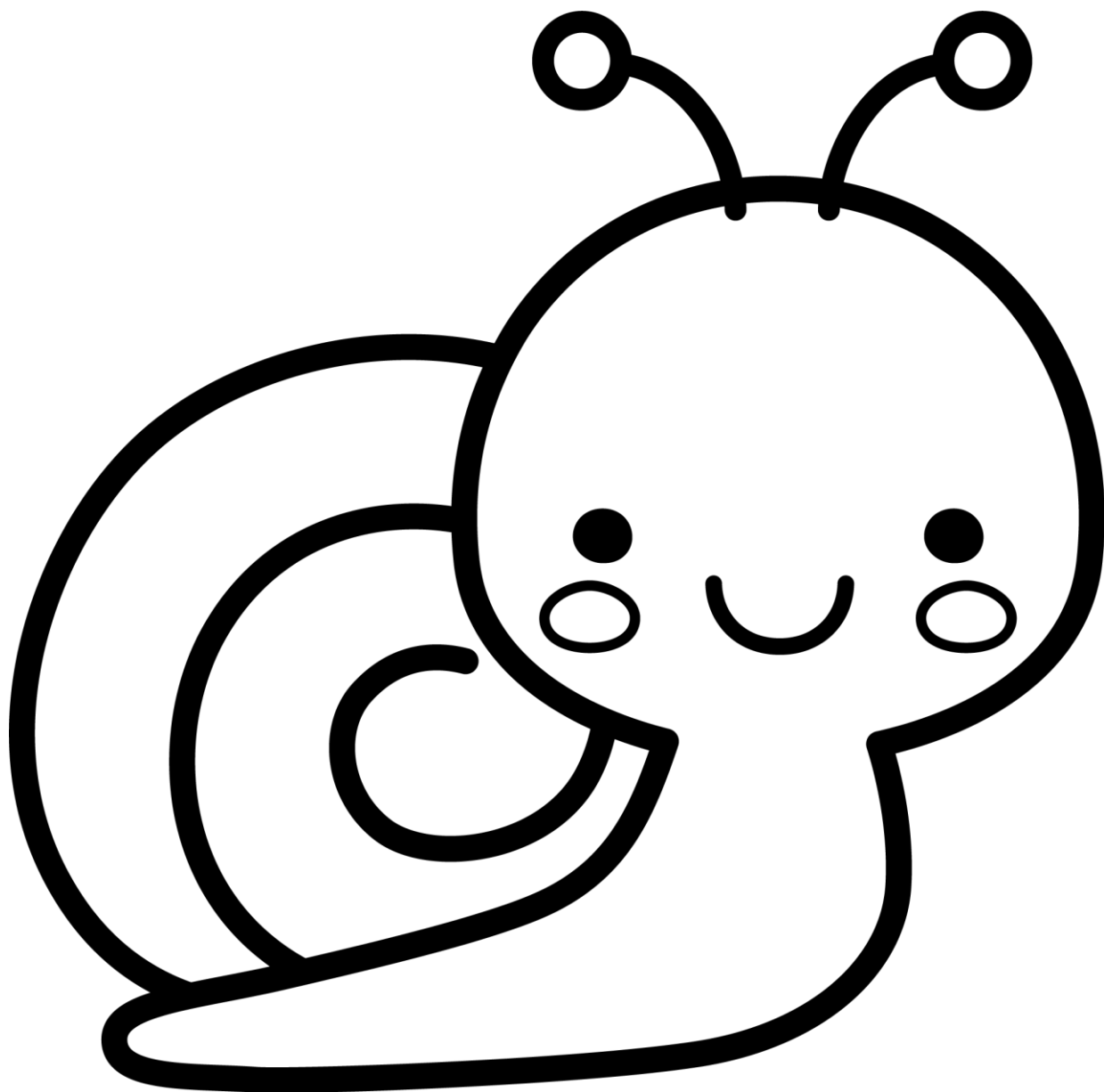


Name: _____

Scissors



I can cut and glue grass fringe.



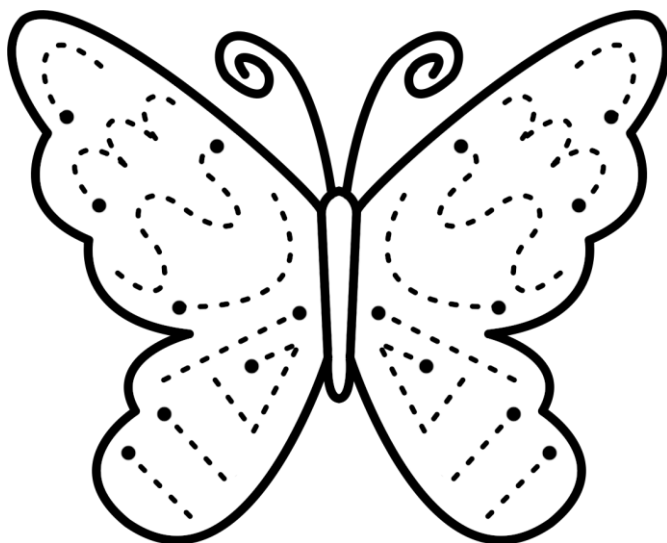
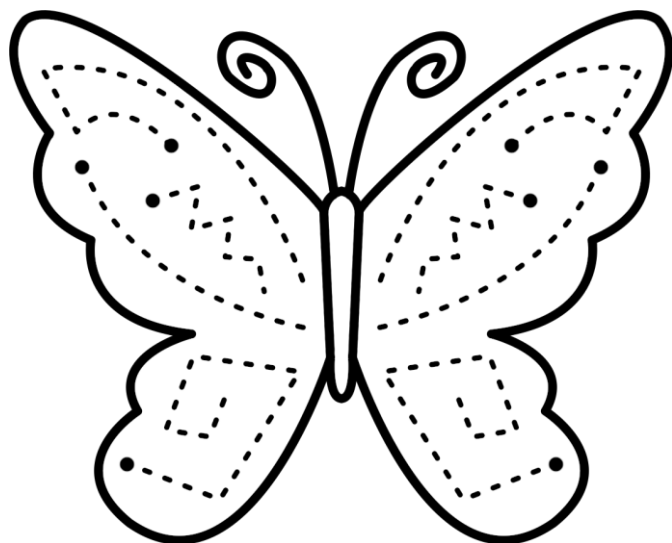
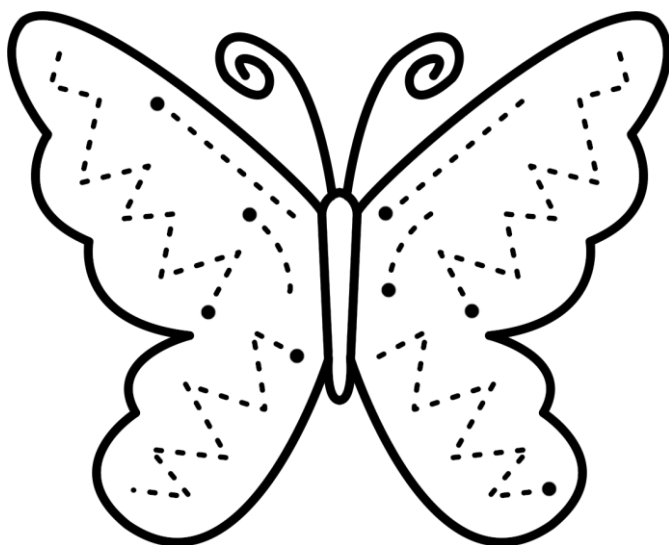
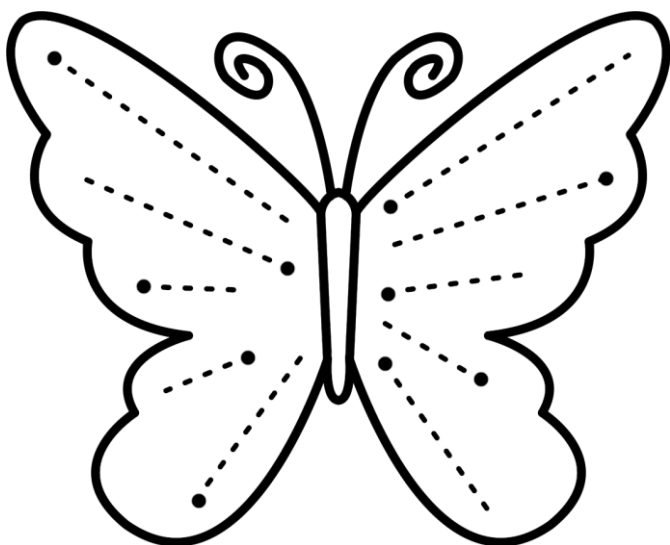
glue here

Name: _____

Draw + Write



I can trace lines.



Name: _____

Printing



I can write and reveal mystery words.

Directions: Write the words in white crayon. Use watercolors on top of the white crayon to reveal the words.

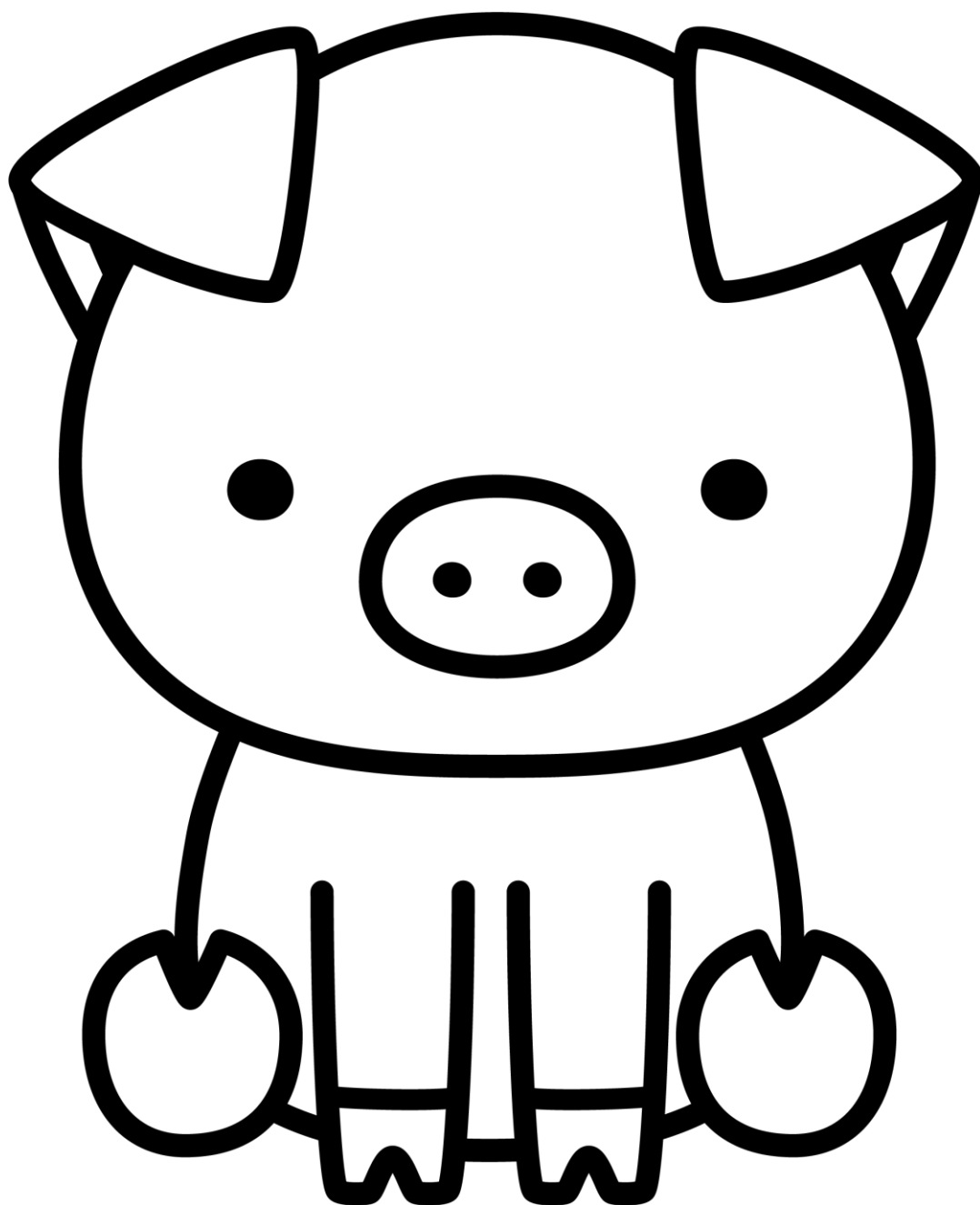


Name: _____

Wrist + Hand



I can paint the pig to be muddy.



Name: _____

Hand + Finger



I can use stickers to create a farm scene.

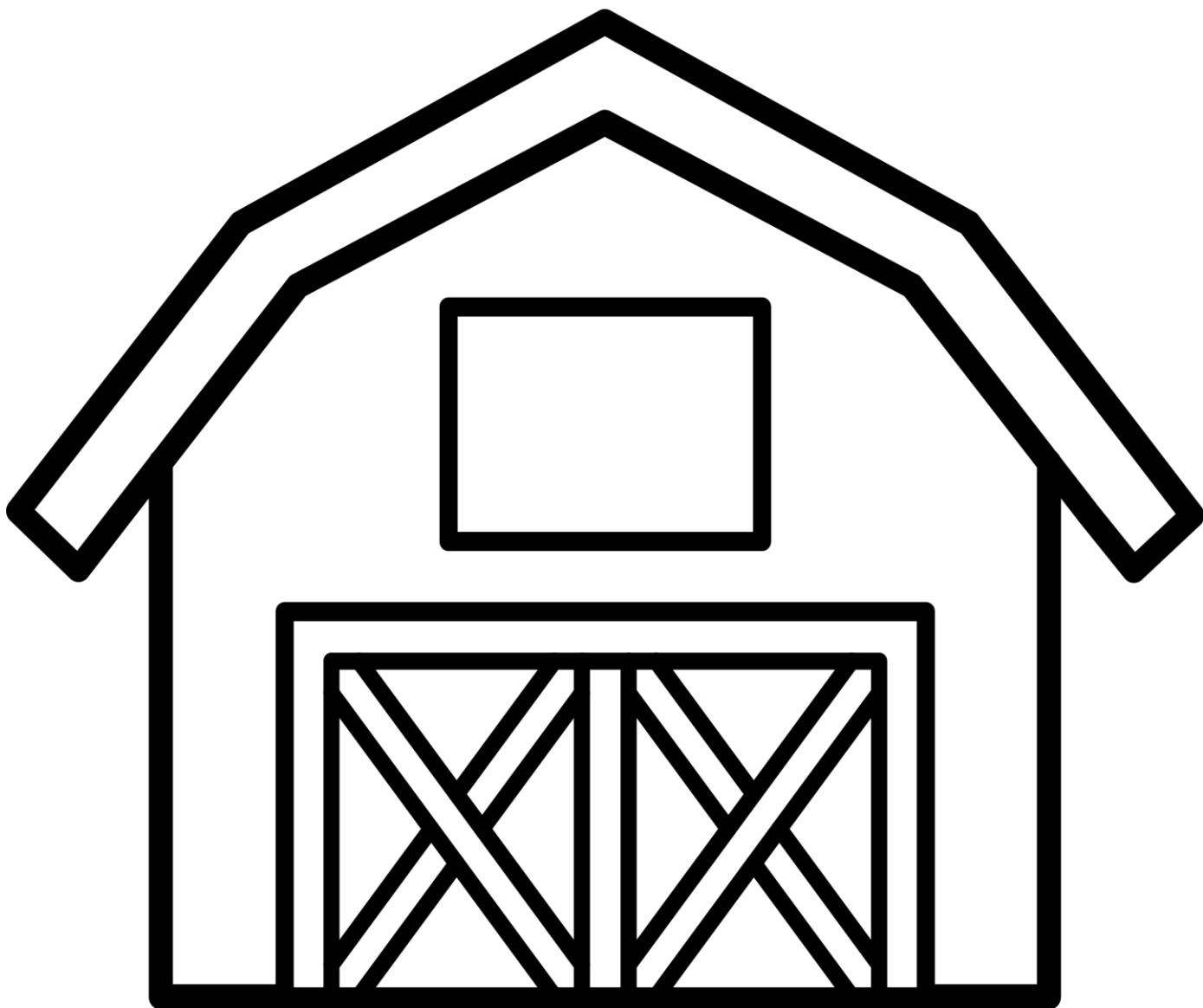


Name: _____

Scissors



I can cut strips of paper (hay).

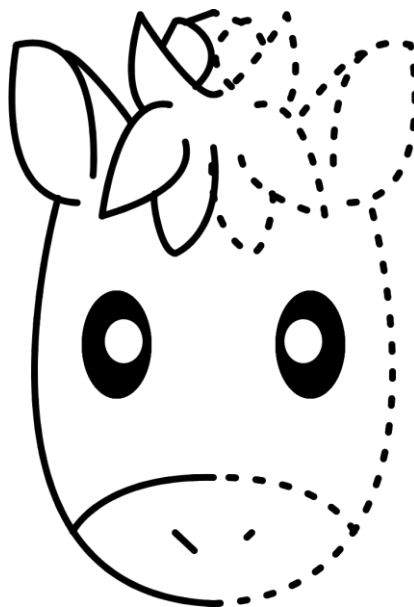
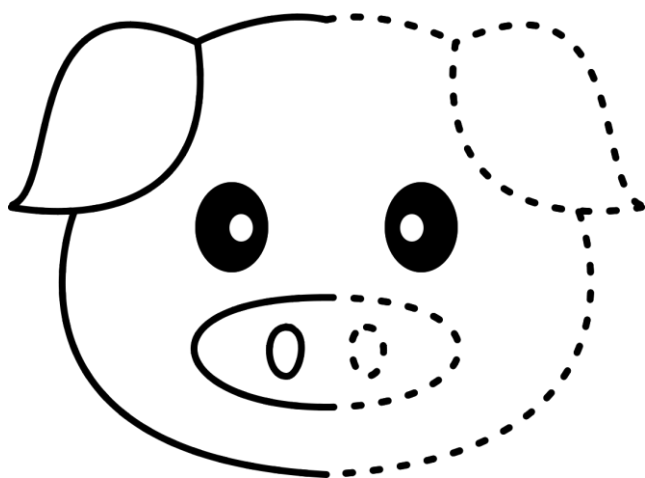
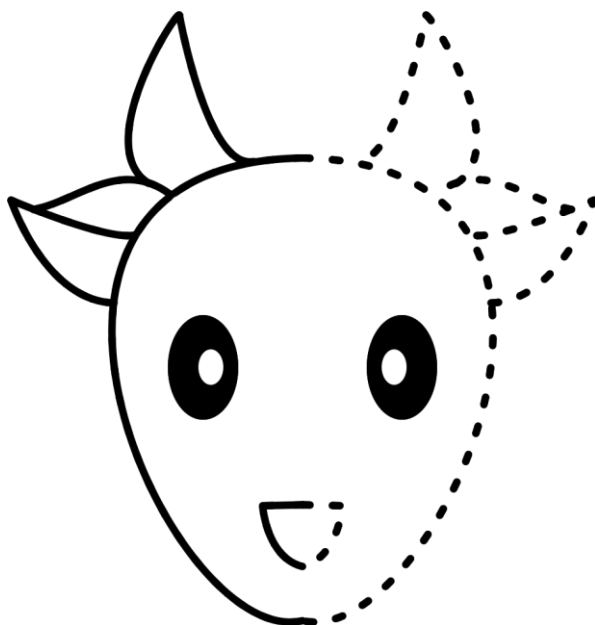
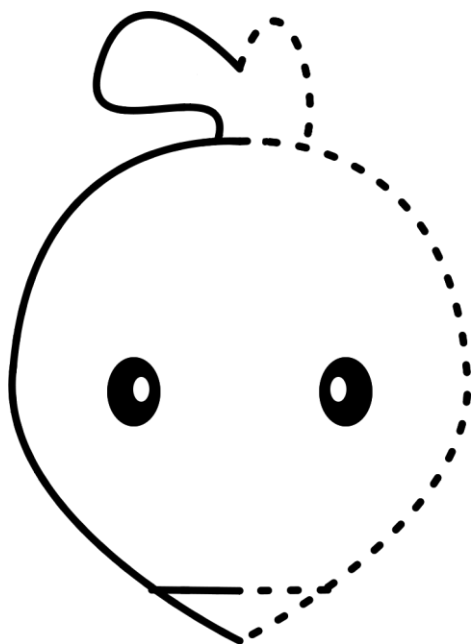


Name: _____

Draw + Write



I can trace to complete the picture.



Name: _____

Printing



I can draw and reveal a mystery farm animal.

Directions: Draw the farm animal using white crayon. Use watercolors to uncover the mystery farm animal.

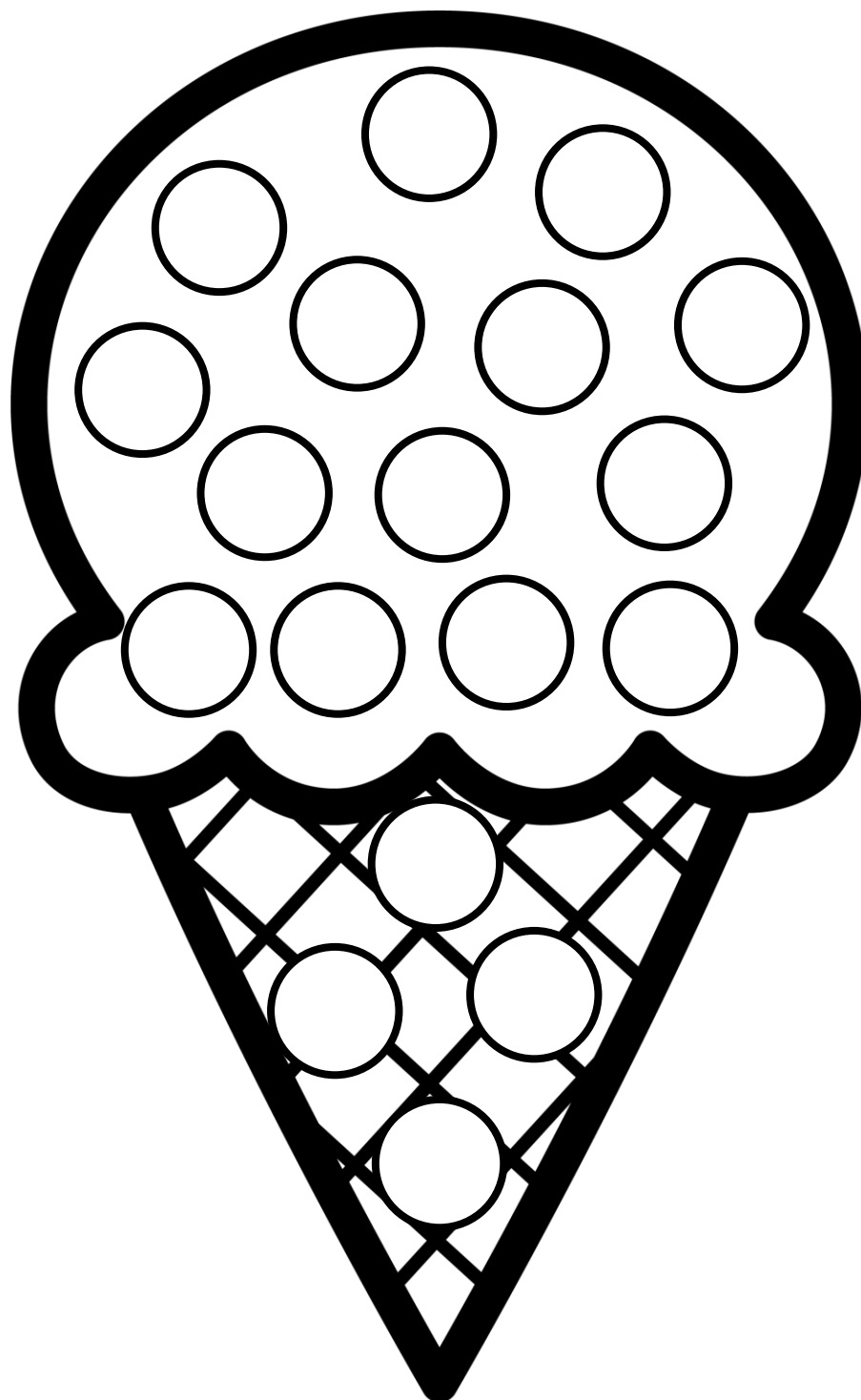


Name: _____

Wrist + Hand



I can dab and dot images.

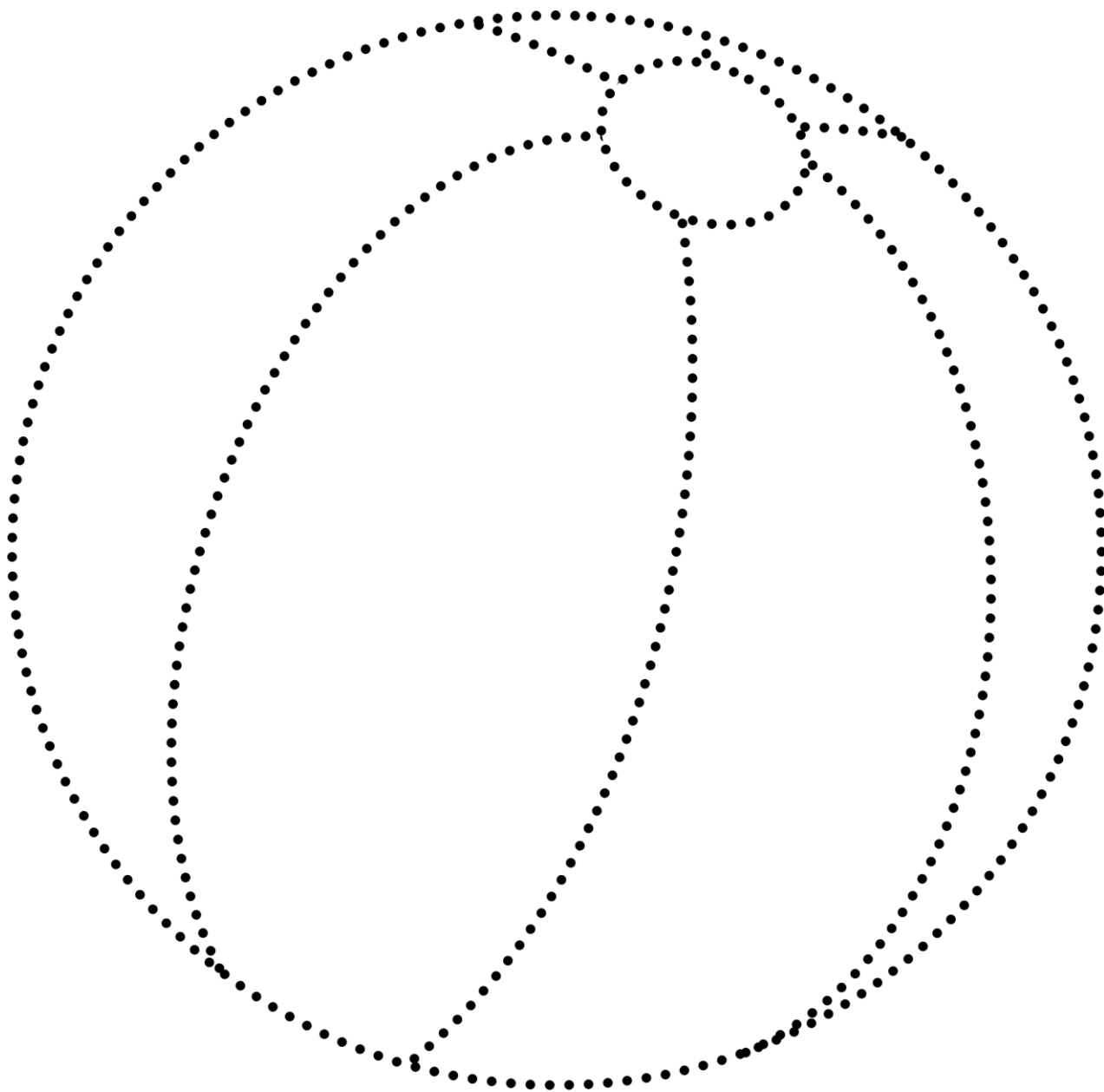


Name: _____

Hand + Finger



I can use push pins.

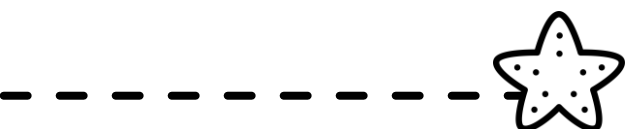
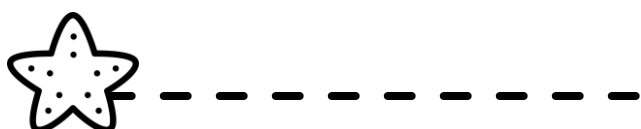
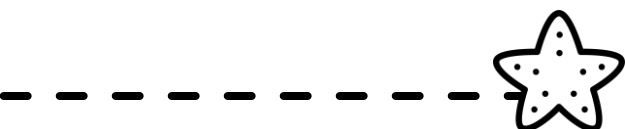
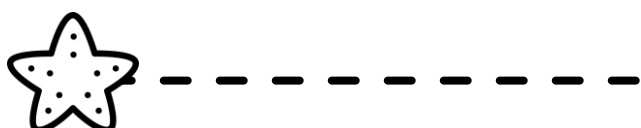
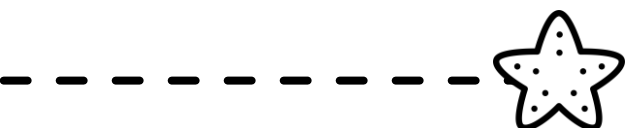
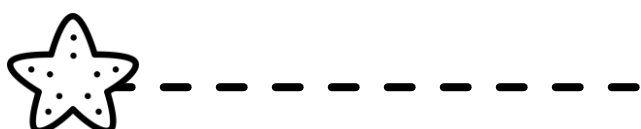
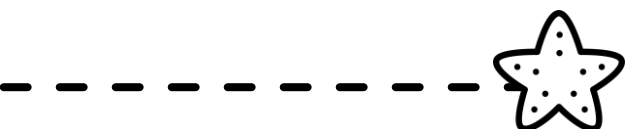
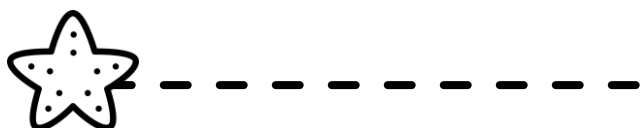
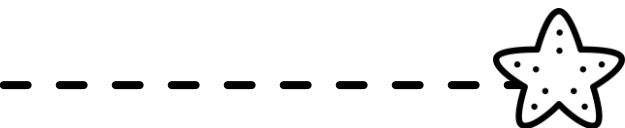


Name: _____

Scissors



I can cut along the line.

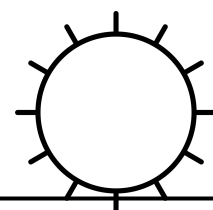


Name: _____

Draw + Write



I can draw circles and lines to create suns.



Name: _____

Printing



I can record my sidewalk chalk writing.

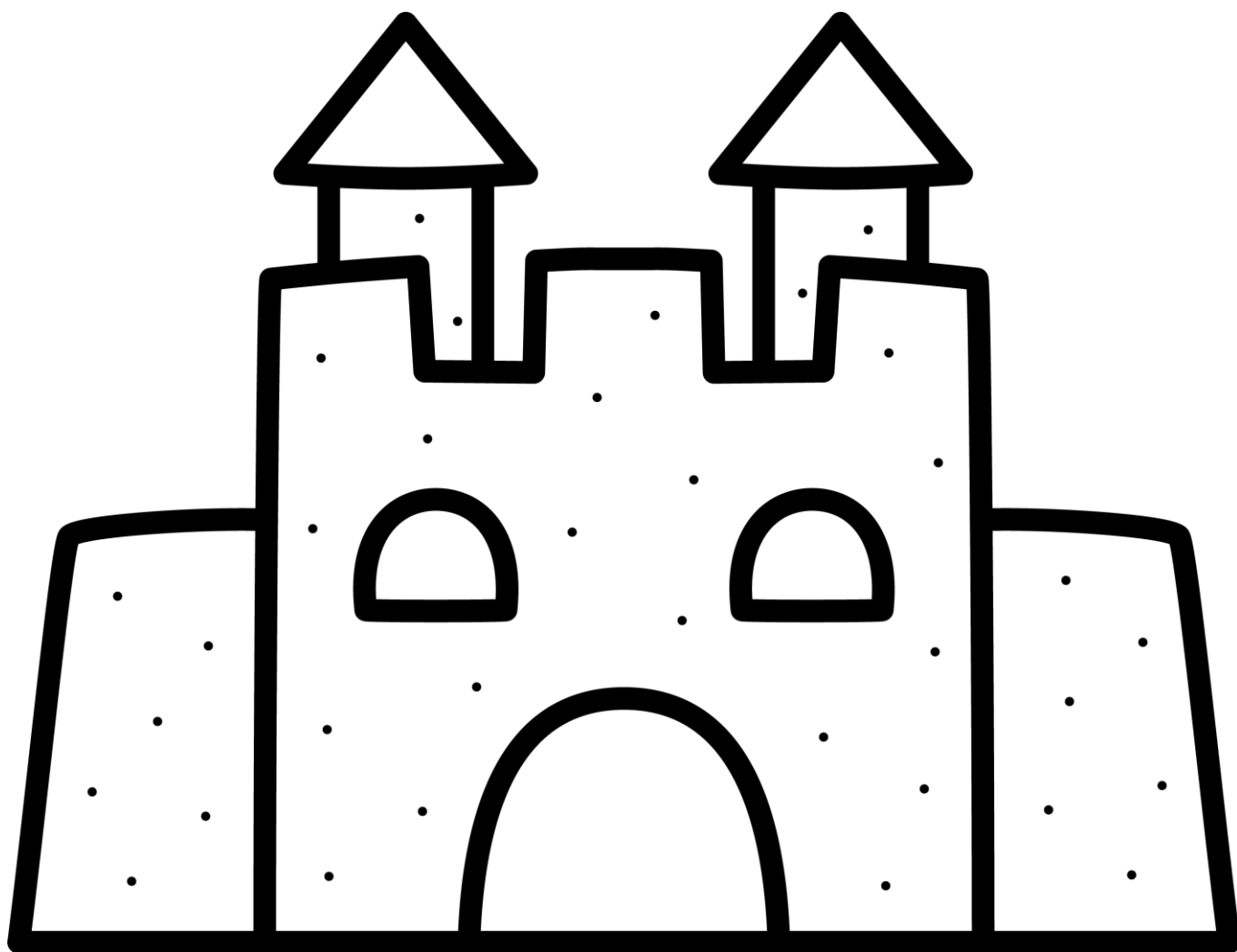


Name: _____

Wrist + Hand



I can squeeze glue.

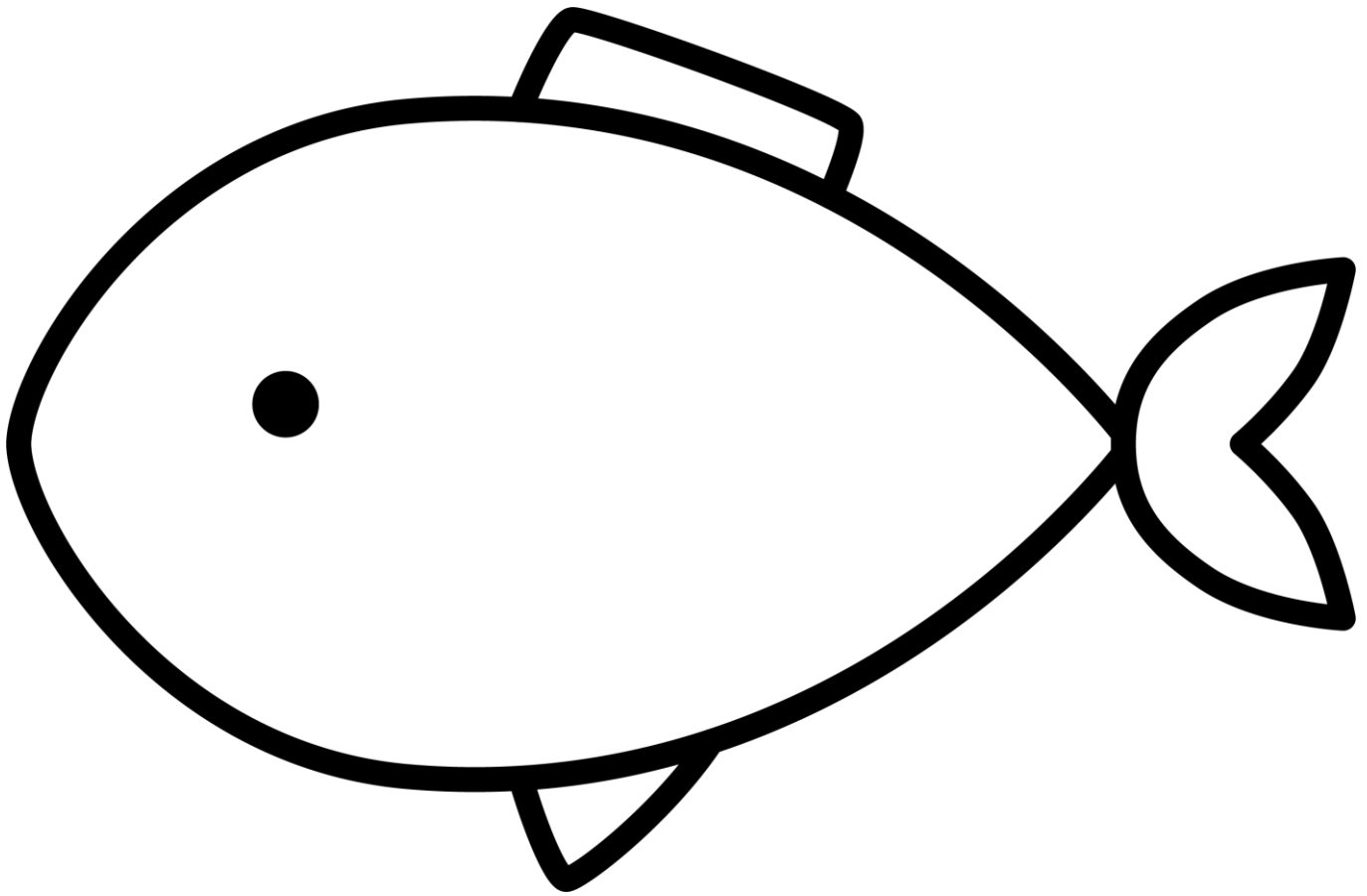


Name: _____

Hand + Finger



I can tear and glue scales.

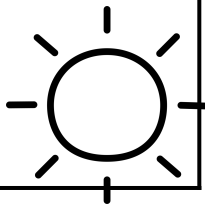


Name: _____

Scissors



I can cut and glue yarn to create a sun



Name: _____

Draw + Write



I can draw a friend's portrait.



Name: _____

Printing



I can rainbow write my name.

