VE GOT YOU BABES

# FINE MOTOR SKILLS



#### PLAYDOUGH FUN

Rolling, shaping and squeezing playdough help improve hand strength and dexterity.

#### FINGERPAINTING

Painting with fingers develops handeye coordination, tactile exploration, and sensory integration.





## STICKER ART

Peeling and placing stickers helps with finger isolation and pincer grasp.

## DOT-TO-DOT

Connecting dots to complete a picture improves hand-eye coordination and fine motor control.





## CUTTING PRACTICE

Using scissors to cut paper or playdough helps improve hand strength, dexterity, and eye-hand coordination.

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