**Activities to Improve Fine Motor Coordination**

Activities like those listed below will help the child develop better control of fine movements in the hand.

* Playing with small fridge magnets. The child can arrange them in a line, circle or any other shape.
* Making shapes with matchsticks.
* Making a tower with coins.
* On a piece of paper, draw small circles. The child is asked to place one stone inside each circle.
* Pouring liquids into small containers
* Pick-up sticks game. (You can do it with spaghetti). Hold a bundle of spaghetti upright and drop it. The spaghetti will fall over each other. The game is to pick up one piece at a time without disturbing the position of any other pieces.
* Picking up small pieces of colored paper and gluing them for a craft activity.
* Gluing pulses, or sequins on to the outline of a simple shape or picture.
* Sorting small colored Lego pieces according to their colors.
* Pasting stickers or shapes on a paper where the outline is already drawn.
* Simple sewing- Use a large needle and draw a line on the cloth to follow.
* Arranging seeds, beads or small Lego pieces in a straight line.
* Mix rice and pulses. Ask your child to pick out the pulses.
* Transferring rice from one container to another
* Doing a sequence of actions to a beat- ex. clap twice, and slap your thigh twice.

Pick an activity (or more than one) and allot a chunk of time each week (or more than once a week if possible) for the student to participate in the activity with you, a parent volunteer, etc. Measure the student’s progress while the intervention is being implemented and document your data.

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