



## Visual motor skill foundations for drawing and writing

<p><b>1. Sensory activities</b></p> <ul style="list-style-type: none"><li>• sand and water play</li><li>• playdough and Plasticine</li><li>• hand and finger paints</li></ul>	<p><b>2. Balance activities</b></p> <ul style="list-style-type: none"><li>• outdoor activity e.g. scoot, jump, hop, run</li><li>• musical statues</li><li>• balance on one leg</li><li>• ball games with large beach ball</li></ul>
<p><b>3. Shoulder stability</b></p> <ul style="list-style-type: none"><li>• crawling and playing on all 4's e.g. puzzles, obstacle courses - over, under, up, down,</li><li>• stand at a vertical surface e.g. easel to paint with hands, fingers</li><li>• climb on outdoor equipment (if you are lucky enough to have access to some)</li><li>• carry an object at arm's length e.g. egg and spoon race</li><li>• pouring water from jug to bucket</li></ul>	<p><b>4. Forearm control</b></p> <ul style="list-style-type: none"><li>• musical instruments</li><li>• clapping games</li><li>• paper, scissor, stone game</li></ul>
<p><b>5. Wrist control</b></p> <ul style="list-style-type: none"><li>• mixing and digging</li><li>• hand prints</li><li>• musical instruments.</li></ul>	<p><b>6. Grasp</b></p> <ul style="list-style-type: none"><li>• playdough – squeeze and use tools</li><li>• water play with squeeze bottles</li><li>• stamper and print sets</li><li>• building with Duplo</li><li>• pegboards</li></ul>
<p><b>7. Bilateral co-ordination</b></p> <ul style="list-style-type: none"><li>• clapping games, finger rhymes</li><li>• musical instruments</li><li>• ball games</li><li>• lacing/threading activities</li><li>• blow bubbles and reach to clap and pop</li><li>• pull cotton wool apart, tear paper for art work</li></ul>	<p><b>8. Eye-hand co-ordination</b></p> <ul style="list-style-type: none"><li>• target games – rolling, throwing</li><li>• paper folding</li><li>• Velcro darts</li><li>• Small ball runs</li></ul>

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