



Activities for Incoming JK-ers

Fine Motor Activities: *help develop the precursor skills for writing*

- ✓ Lacing cards
- ✓ Insert pipe cleaners into the holes of a colander
- ✓ Twist nuts & bolts, jars & lids
- ✓ Transfer pom poms from one bowl to another with tweezers
- ✓ Playdough- roll small balls, roll a long "snake"
- ✓ Build with small Legos helps hand-eye coordination
- ✓ Hole punching helps build hand muscles
- ✓ Cutting scrap paper any way (open, close, open, close)
- ✓ Cut a strip of paper with a "snip, snip" motion to create a fringe effect
- ✓ Beading a string (can be done with cheerios and yarn)
- ✓ Use a turkey baster to squeeze water while taking a bath
- ✓ Use a medicine dropper to transfer water from one cup to another

Gross Motor Activities:

- ✓ Windmills (one arm reaches across to touch the opposite toe)
- ✓ Walk on balance beam or chalk line
- ✓ Hop on one foot 5 times, then switch
- ✓ Make an obstacle course with areas to crawl on, under, and through
- ✓ Jumping jacks, belly crawling, bear walking, and other creative movements that challenge your child to balance, crawl, jump, and run

