



Fine motor/daily activities

Concerns & Strategies

Fine Motor/Self Care Concerns

- Difficulty with zipping, tying shoes, snapping coat on/off
- Difficulty managing utensils, food packages, feeding self
- Messy eater, difficulty swallowing, drinking from a straw
- Needs assistance with toileting
- Difficulty using both hands together
- Lack of well established hand dominance after 6 years of age
- Difficulty cutting
- Difficulty coloring or drawing

Fine Motor/Self Care Strategies

- Set up a self-care station in your classroom/home with shoes, zippers, snaps
- Peer assistance in the lunchroom
- Break down drawing activities into clear simple steps

- Use adapted scissors (loop or spring-open scissors), highlight area to be cut
- Incorporate functional fine motor activities into class routines

