

DEVELOPMENTAL PROGRESSION OF FINE MOTOR SKILLS



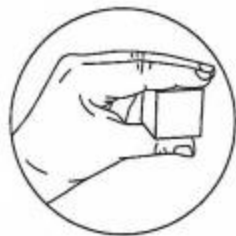
0-2 Years	
6 Months	<ul style="list-style-type: none"> Reaches for and grasps objects Begins transferring items from one hand to the other
1 Year	<ul style="list-style-type: none"> Pincer grasp emerges (thumb and forefinger) Can bang two objects together Feeds self finger foods
2 Years	<ul style="list-style-type: none"> Builds tower of 4–6 blocks Scribbles spontaneously Can turn pages of a book Uses a digital pronate grasp

3-4 Years	
3 Years	<ul style="list-style-type: none"> Imitates horizontal and/or vertical lines Strings large beads
3.5 Years	<ul style="list-style-type: none"> Copies a circle Snips with scissors Uses a spoon, fork, and open cup
4 Years	<ul style="list-style-type: none"> Copies a cross Uses a static tripod grasp Uses scissors to cut across a thick straight line Can dress self with minimal help Draws a person with 2–4 body parts (e.g. head + body)

5-6 Years	
5 Years	<ul style="list-style-type: none"> Can print some letters Copies a square Cuts simple shapes Colors within lines Uses a dynamic tripod grasp
5.5 Years	<ul style="list-style-type: none"> Copies a triangle Can draw a person with 6–8 body parts Buttons and zips clothing independently
6 Years	<ul style="list-style-type: none"> Can write simple sentences Ties shoes Demonstrates refined hand-eye coordination for writing and drawing

GRASP DEVELOPMENT

1. Radial Digital Grasp



2. Inferior Pincer Grasp



3. Refined Pincer Grasp



4. Fisted (Palmar Supinate) Grasp



5. Digital Pronate Grasp



6. Static Tripod Grasp



7. Dynamic Tripod Grasp



SHAPE BREATHING

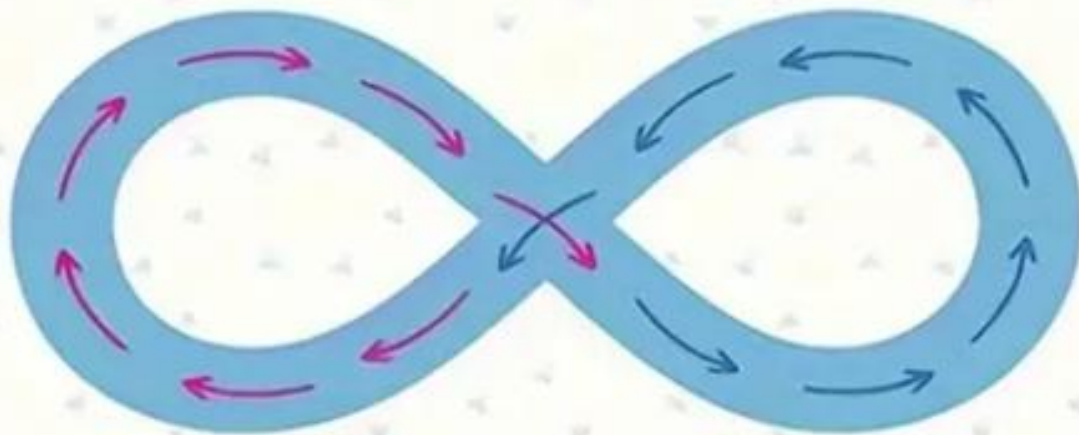
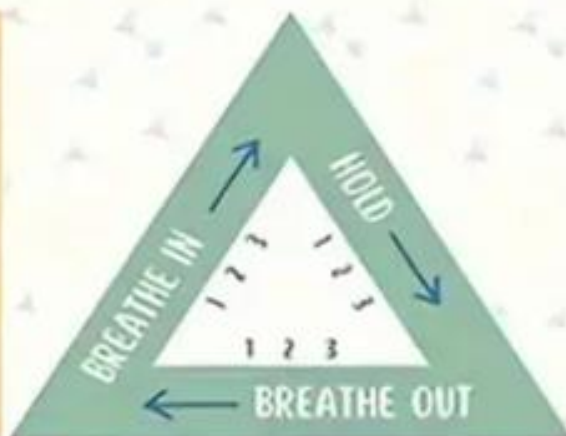


FIGURE 8 BREATHING

BREATHE IN WHEN YOU ARE TRACING THE PINK ARROWS.
BREATHE OUT WHEN YOU ARE TRACING BLUE ARROWS.



SQUARE BREATHING



TRIANGLE BREATHING

5-4-3-2-1 Grounding Technique



5 things you can see?

Examples: colours, shapes, your hands, the sky



4 things you can feel?

Examples: the clothes on your arm



3 things you can hear?

Examples: the clock ticking, laptop fan



2 things you can smell?

Examples: perfume, food



1 thing you can taste?

Examples: last meal, a snack you have ready

TRY A BUTTERFLY HUG to Calm Your Nervous System



~ cross arms over your chest

~ interlock your thumbs in
the shape of a butterfly

~ soften or close your eyes

~ slowly alternate tapping
one hand, then the other
like butterfly "wings"

~ continue 1-3 minutes
until you feel calm