



BUILDING Little Hands to Build Brains

Little hands need to be strong to hold writing tools and form letters clearly. Here's how to build that strength while turning everyday moments into Brain Building moments, too!



Build writing muscles with a “workout.”

- Squeeze balls of play dough.
- Count how many “reps” you both can do.

Snap! Crumple! Pop!

Make some noise while you build muscles.

- Little hands love to snap green beans or shell peas.
- Tear and crumple different kinds of paper.
- Pop the bubble wrap that comes in a package.
- Talk about all the different sounds you’ve made and how noisy your hands can be.



Have cutting edge fun.

Cutting paper, play dough, foam, fabric or other materials (with child-sized safety scissors) strengthens hand muscles and develops hand-eye coordination.

- Start by practicing opening and closing the scissors.
- Ask how it feels to cut a piece of paper.
- Does it feel different from cutting play dough or foam?



Follow a scissor trail!

Draw straight lines, swirly paths or zig-zaggy trails and cut along them with scissors. Build up to more complicated trails or patterns or thicker papers such as grocery bags or cereal boxes.



 Tell us how you used these ideas or share some of your own at:
[/BrainBuildingInProgress](https://www.facebook.com/BrainBuildingInProgress)

BrainBuildingInProgress.org



Department of
Early Education and Care

