



## HELLO PARENTS,

Eye-hand coordination is the ability to perform movements with the hands while being guided by the eyes. A child's hands and sight work together to perform tasks. Eye-hand coordination is an important skill for functioning in your daily life. A simple task such as grasping an object or writing a sentence requires eye-hand coordination. Not only do we need eye-hand coordination to perform everyday tasks, it is also important for learning to read and write. Reading and writing involves well-developed visual tracking skills. Your brain needs to track the position of the pencil and control the hand and finger movements. In this newsletter, you will find activities that will boost your child's eye-hand coordination.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### CHEERIO PLAY

##### MATERIALS:

- Cheerios
- High chair
- Small bowl
- Small spoon

##### DIRECTIONS:

- Put your child in the high chair, and pour some cheerios on the tray.
- Put the small bowl and the spoon on the tray and let your child explore it.
- Show your child that the cheerios can go inside the small bowl.
- Encourage your child to use the spoon to pick up cheerios and put them in the bowl.

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### PEELING A CLEMENTINE

##### MATERIALS:

- Clementine

##### DIRECTIONS:

- Give your child a clementine. You may hold one, too.
- Show your child how to peel the fruit using their hands.
- Encourage your child to peel the fruit and offer your help when they need it.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### BEADING

##### MATERIALS:

- Large beads
- String
- Small plate

##### DIRECTIONS:

- Put the beads in a small plate.
- Give the string to your child and let them loop the beads through the string.
- Tie a knot at the end of the string and let your child make a bracelet or a necklace.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### DRIBBLING A BALL AROUND PLASTIC BOTTLES

##### MATERIALS:

- Ball
- Plastic bottles filled with water
- Open space

##### DIRECTIONS:

- Fill the plastic bottles with water and close the lids.
- Place the plastic bottles one foot apart in a straight line or circle.
- Hold the ball and start dribbling it in between the plastic bottles.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### PING-PONG BALL AND SPOON RACE

##### MATERIALS:

- Ping-pong balls
- Spoons
- Open space
- 2 or more players

##### DIRECTIONS:

- Decide where your starting and ending point will be.
- Split into two teams.
- Line up at the starting point.
- The person at the front of the line gets a spoon and a ping-pong ball.
- The first person must carry the ball on the spoon across the finish line without dropping it.
- Next, this person will turn around and return to the starting point, passing the spoon and ping-pong ball to the next person on their team.
- If a person drops the ping-pong ball, they will have to go to the starting point, and begin the race again.
- The first team to complete the task wins.

[Click here](#) to learn how to make a ball maze.

#### A TIP FOR TODAY

- Play is an essential part of developing eye-hand coordination. Play allows your child to learn how to reach and grab for objects, as well as understand cause and effect.
- You can encourage your child by allowing them large blocks of time to play freely and engaging them in specific games and activities that will develop eye-hand coordination.

