

# Areas of Skill Development

## Fine Motor

These activities involve the small muscles, including stirring, making things out of play dough, building with small blocks, cutting, lacing, writing skills such as: copying shapes, finger painting, drawing.

## Gross Motor

These activities involve the large muscles of the body such as walking, jumping, skipping, throwing, and catching.

## Language

These activities include understanding and expressing information, such as naming objects, answering questions, and describing events and objects.

## Math

These activities include problem solving and counting, including one-to-one correspondence. Beginning patterns, sequencing, and sorting.

## Self-Help

These activities include the skills of daily living such as dressing, feeding, and grooming oneself.

## Personal/Social

These activities relate to interpersonal behaviors, such as cooperation in play, awareness of name and age, and choosing friends.

Remember:

- Talk with your child.
- Listen to what he or she has to say.
- Be generous with your praise.
- Make sure your child feels good about him/herself.

If you practice learning activities at home, make sure that your child enjoys the activity.  
Have FUN!