

Color in a square for each activity completed.



Start

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Finish

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Why Trace, Cut, and Color?

This book provides practice in tracing, cutting, and coloring skills that promote proficiency in handwriting and other fine motor activities children will encounter in Kindergarten. A pair of child-safe scissors will be needed to complete the cutting pages.

SKILLS

- Hand-eye coordination
- Fine motor development
- “Staying on the line” (a skill necessary for successful scissors use)
- Control and coordination of both hands simultaneously

HOW YOU CAN HELP SUPPORT LEARNING

When tracing:

- Have your child trace lines by finger first.
- Provide a selection of writing tools, such as colored chalk or pencils, markers, and crayons, to keep the activities engaging.

When cutting:

Note: Have your child cut out the cutting activity page before completing the cutting task.

- Be sure your child holds the scissors in his or her dominant hand.
- Guide your child in using his or her non-dominant hand to hold the paper and turn the paper when changing direction. It will be easier for your child to change direction of the paper not the direction of the scissors.
- When working on the activities starting on page 17, have your child complete the tracing page before beginning the cutting page that follows it.

Warming Up

WARMING UP

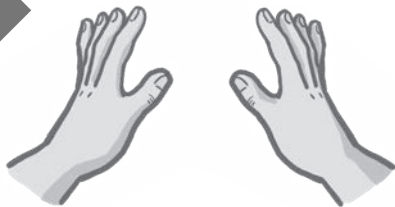
Just as an athlete warms up before an event, your young learner will benefit from fine motor skills warm-ups prior to working with pencils or scissors. Try one or more of these quick exercises with your child prior to beginning an activity page.

FINGERTIP TOUCHES

- 1** Match left and right hand fingertips together and gently press.



- 2** Pull them apart and then touch them together again, counting from 1 to 5.



- 3** Gently shake hands.

- 4** Repeat the steps above two times.

FINGER TAPS

1 Hold open hands at chest level, palms up.

2 Touch index fingers to thumbs and tap five times, counting from 1 to 5.

3 Touch middle fingers to thumbs and tap five times, counting from 1 to 5.

4 Continue in the same way with the ring and little fingers.

5 Reverse the order by tapping the little fingers to thumbs in the same way and ending with the index fingers.

6 Gently shake hands.

