



Fine Motor Skills Tip Sheet

Ideas for Developing Hand Dominance

Hand dominance is typically developed by the ages of 5-6 years.. Once dominance is developed many fine motor skills such as cutting, writing, and coloring begin to show significant gains.

If your student has not developed hand dominance there are many activities that encourage it's development. You may try this...

- Give the student activities that require both hands but do not allow for them to complete the same motions. For example, while tying shoes you use two hands, but they are completing similar motions. An activity like opening a screw lid jar requires two hands, but one hand is required to stabilize the jar while the other hand performs the more skilled activity.
- Increase the demands of a skilled activity by having the student stand on a balance board during the activity. For example, have the student write their name on the chalk board while standing on a balance board. This requires the student to make the choice of which hand to use for stabilization and which hand to use for the skilled activity.



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Related items from **Motor Skills** **Teacher** **Observation Sheet**

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