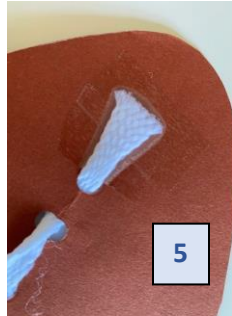
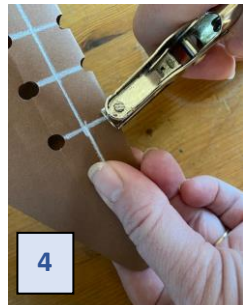
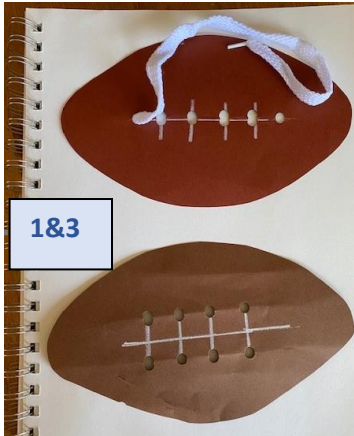


## Football and Baseball Art: Fine Motor Practice

Summer is a wonderful time to be outside and practice big motor ball play. Allow your child to experiment with big balls and child sized balls. Have buckets for your child to throw balls in, have targets to throw balls at. Use smooth balls and balls with texture. Use soft fabric balls drenched in water, sponges... all kinds of fun!

When inside, use images of sports balls to practice fine motor skills. A Google search will bring all kinds of images to color. Here are two simple projects to practice fine motor skills and practice noticing details.



### FOOTBALL LACING

1. Cut construction paper or cardstock in a football shape, about one half of the sheet.

2. Let your child color on the football to make unique designs.

3. Draw the laces on the football as in picture at left. One line across the middle, with 4 lines intersecting, about 2 inches long.

4. Fold the football at the tips of the crossed lines. Use a hole punch or cut slits to make circles for poking holes. There's another example for hole placement.

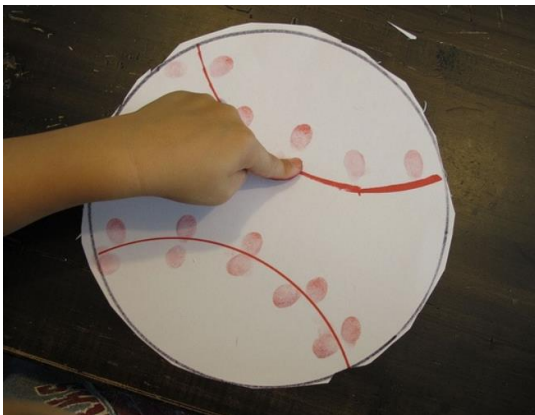
5. On the back of the paper, tape the end of a shoestring or a piece of string.



6. It is best if the end of your lacing string has a plastic point, like a shoelace has. If you are using string, you can make a point by wrapping tape around the end.

7. Practice doing the lacing yourself before guiding your child. If your child has never done lacing before, start by having her unlace a loop that you've done. Then, model by putting the end of the string in the hole, and put the next one in halfway, so your child need only to finish it. Guide them to a next hole and give assistance as needed. As your child goes on, give help only as needed and lessen your assistance at each step. There's really no right way for a toddler to lace, so allow placement in any hole.

This baseball project is easy to prep.



1. Draw a circle on a piece of white paper, using a plate to trace around. Cut it out, or if your child is practicing cutting, have your child cut it, guiding as you've been guiding him with other projects. Make one for your child, one for yourself, include the siblings.

2. Draw the stitch line on the baseball.

3. To practice visual motor coordination have your child follow your (or the sibling's) example, watching you do it on your own paper. Use index finger paint or a stamp pad to poke the color and then poke across the stitch line. If your child doesn't like fingers dirty, other ideas would be to dot using marker or crayon, or put dot stickers across the stitch line.