

# Trace, Cut, 'N Color: A Sequential Fine Motor Activity

**By Jorge A. Ochoa, OTR**

## Directions

1. Trace gray lines with index finger from top to bottom and/or left to right to the symbol at the end. Change the orientation of the page as needed (for vertical or horizontal lines).
2. Then trace gray lines with crayon or pencil. Use ½ inch pieces of crayons or golf pencils to assist with establishing a functional grasp pattern.
3. Finger trace black bolded shapes with index finger.
4. Color and/or cut shapes from largest to smallest.

























