

**healthy
bodies**

**Ages 3
and up**



Under the sea — trace the line

Children can strengthen their concentration, fine motor and hand-eye coordination skills, whilst enjoying this under-the-sea themed activity!

Learning benefit/skill development

- Following and tracing lines builds up concentration and persistence skills.
- Gripping onto markers and tracing strengthens children's pincer grasp and hand-eye coordination. The building up of these fine motor muscles in the hand are essential for writing and self-care activities, like eating.
- Using visual stimulus allows children to make connections between what they see and assists in introducing new concepts, such as food groups, animals, numbers, letters and more.

What you'll need

- Large piece of paper or butchers paper
- Pencil, big marker, scissors and glue
- Sea / ocean themed stickers OR print off pictures online (find some you can use [here](#))

Instructions

- Place two identical sea creatures down on opposite ends of the paper, either with stickers or by gluing down your printed visuals.
- With a pencil, trace a straight line between the two creatures.
- Instruct and encourage children to use a big marker to trace over and along the line to connect the two creatures together!

Special tips

- Introduce wavy, spikey or random lines to trace, for more of a challenge.
- Follow children's interest—replace under-the-sea with any other theme e.g. safari animals, planets of the solar system, fruits and veg, numbers and letters, and more!