

## Fine Motor Skills and Hand-Eye Coordination

Fine motor skills involve small hand movements which require precise coordinated movements of small muscle groups. These precise movements are guided by accurate spatial perception through direct and indirect visualization. Hand-eye coordination allows correct perception of what you are looking at and in turn allow you to make decisions to use your hands in a very precise manor. Fine motor skills and hand-eye coordination are a must to be a successful dental hygiene professional. The mouth is a very small environment. The better your hand skills are the more adept you will be at working in this very dark and challenging location!

The following activities are recommended as you prepare to be a dental hygiene student:

- **Drawing, painting and writing cursive or calligraphy**
- **Playing a musical instrument such as flute, guitar, piano, violin**
- **Carving, sculpting, jewelry making**
- **Woodworking and furniture making**
- **Pottery and ceramics**
- **Sewing/needlepoint, cross-stitching, crocheting and knitting**
- **Boating and fishing - learning to tie boat knots and fishing knots**
- **Playing video games**
- **Nail Design**
- **Cake Decorating**