

Gross & Fine Motor Skills & Process

Gross Motor Skills & Processes	Fine Motor Skills & Processes
<ul style="list-style-type: none">• Reflexes• Lift head• Lift chest• Turn & roll over• Sit• Crawl• Transitions• Pull to stand• Cruise• Stand alone• Walk• Run• Climb• Walk up steps (holding railing)• Riding push bike	<ul style="list-style-type: none">• Reach for/ swat object• Grasp objects• Let go of objects• Bang objects together• Pass object hand to hand• Pinch small objects to pick-up• Poke with finger• Use hands independently• Use cups, spoons• Hold crayons to draw