**Importance of Crayons and Coloring**

\*Strengthens hands and fine motor skills

 -Crayon use creates resistance and requires more muscle strength than any other writing/drawing utensil.

\*Coloring “in the lines” requires coordination and control.

\*Isolates finger and wrist movements that will be important for forming letters.

\*Improves fine motor endurance.

![C:\Users\Jake\AppData\Local\Microsoft\Windows\INetCache\IE\B30BQ803\Dug-Crayons[1].png]()