



Walk Through a Maze

Follow the winding maze and practice staying with a challenge.

Helps Your Child Grow



Cognitive Self-Regulation (Executive Functioning)

As your child works through the maze, they encounter dead ends and choices, back up, try another route, and practice persisting until the task is complete.



Fine Motor

Guiding the pencil along the maze - moving, stopping, and turning at the right moments - helps your child build pencil control and fine motor coordination.

Steps

- A paper maze offers practice with space and problem solving, but wrong turns can make it feel difficult.
- Make trying again part of the play instead of expecting the correct route immediately.
- Begin with one easy task: find the starting point. This makes the winding lines feel more approachable.
- At a dead end, use playful language: “Oh, we hit a wall. Back up the car!”
- At a fork, encourage exploration: “Let’s test a path. We can come back if it doesn’t work.”
- At the finish, recognize the persistence that got your child there.

Tips

- Turn the picture on the pencil into the maze explorer. If it shows a bunny, you might say, “Oh no, Bunny hit a wall! Back up and find another path.”
- As your child gains confidence, reduce the guidance and step in only when they are close to giving up.

Observations

- ☐ Keeps working through the maze to the finish with your guidance
- ☐ Holds a pencil and draws a route through the maze