

FINGER WORKS/FINE MOTOR GROUP

Day 1



Goal: To build pincer strength and grip strength

Activities:

- **Squeeze Ball:** Warm up your hands by squeezing a ball or fidget 10 times with each hand!
- **Bubble wrap:** Remember to only use your pinch fingers!
- **Moving pompoms or cotton balls with tweezers:** Have a pompom moving race!
- **Clothes Pins:** Pin them on a friend's clothing, then let a friend pin them on your clothing!
- **Top spinning race:** Spin a top for as long as you can. See who can spin it for the longest!
- **Rip paper to make a collage!**
- **Make designs with masking tape on the floor:** You can only use your hands to rip the tape. Don't forget to clean up and peel the tape off the floor to make a big tape ball!

Day 2



Goal: To build bilateral (two hands together) coordination skills

Activities:

- **Wind-up toy race:** Make a start and finish line with tape, then wind up your toys and race! Remember to clean up by picking the tape off of the table.
- **Playdoh/Theraputty:** roll a ball, make a snake, make a pancake, make a dinosaur with spikes!
- **Beading, Lacing:** Make a cool bracelet or wrist band
- **Make pipecleaner art/Wiki Stick art:** What can you make?
- **Cutting Activities**
- **Have a drumming group:** You make a rhythm and have the group copy you. Let each group member make their own rhythm and have the group copy them.

Day 3



Goal: To improve in-hand manipulation skills

Activities:

• **PENCIL OLYMPICS**

- **Finger warm-ups** such as **Pencil Olympics** can be done prior to beginning paper and pencil tasks.
 - **Baton Twirling Pencil Trick:** Spin pencil between index/third finger and third/fourth finger.
 - **Rocking and Rolling Pencil Trick:** Hold pencil between index and third finger rock pencil back and fourth use your wrist to make it spin.
 - **Try Tightrope Walking** - Hold the pencil in a tripod grasp. Walk your fingers up and down the pencil with your fingers and thumb.
 - **Dot-Erase Race:** Pick a corner of your paper, draw a dot, crawl up the pencil to the eraser, flip then erase. Repeat. Do as many dot/erase sequences in 30 seconds.
 - **Play Pencil Tug-of-war:** grasp the pencil with a tripod grasp with your right hand if you are right-handed. Try to pull the pencil out of your hand with your left hand. Resist the pull!
- **Coin flipping game:** flip a quarter and guess if it's heads or tails
 - **Sorting coins:** Sort different sized coins into different containers with slots
 - **Pegboards:** Copy patterns on a pegboard
 - **Guess what's in the magic bag!** Without looking, put your hand into a magic bag, pick up a toy and using just your hands, try to guess what the toy is! Once you make a guess, pull the toy out to see what it is!

Day 4



Goal: To build shoulder stability

Activities:

- **Theraband activities:** stretch theraband across your chest; step on one end, hold the other end with your hands, then do bicep curls; sit across from your partner, each person holds an end, then pull back and fourth. Try these 5-10 times!
- **Animal walking:** crab walk, bear walk, soldier crawl, snake slither, make up your own!
- **Wheel barrel walking**
- **Drawing/colouring on your tummy**
- **Chalk board/white board drawing:** Draw a picture or have a drawing/erase race with a friend! One person draw, while the other person erases!
- **Make up a ribbon dance:** Make big circles, little circles and waves. Try this with music

Day 5



Goal: To improve visual-motor integration skills

Activities:

- Warm up hands with Pencil Olympics! (See Tuesday Activities)
- Handwriting Without Tears: Get Set for School Workbook
- Copy Chalk Board Pictures: Draw a simple picture and have the group copy yours! (Try Directed drawing). Remember to use small chalk bits!
- Dot-to-Dots
- Colouring: colour by numbers
- Games: Connect 4, Jenga
- Geoboards: copy elastic band patterns
- Make a playing card castle
- Copy Lego or block models