

ACTIVITIES TO DEVELOP HAND STRENGTH AND INDIVIDUAL FINGER MOVEMENTS

- Keep regularly used items in a variety of containers for the child to open/close. For example: keep pens in a lunch box, keep math counters in a zip-lock bag, other items in a pencil case with a zipper, etc.
- Playdough – squish with 2 hands
 - Press down with 2 hands, standing at the table for more strength
 - Poke holes with individual fingers while tucking other fingers away
 - Use a plastic knife to cut out shapes, use a sharp pencil to draw patterns and letters
 - Bury little items (construction pieces etc) in the dough for the child to pull out
- Modelling clay – roll into small balls using thumb against index and middle fingers, model into different shapes
- Use scissors, a stapler and a hand-held punch to work with light-weight card for craft activities
- Construction activities – Lego, Krinkle bricks, requiring strength
- Clip clothes pegs onto the edge of a container – try doing this as a race, work on colour or counting concepts
- Use tweezers to sort small items into film canisters or into the squares of an ice-cube tray
- Tearing paper for a collage
- Lacing and threading activities – use macaroni, buttons, chopped pieces of plastic straws, large beads and thread them onto sturdy things to start with, like a pipe cleaner or plastic tubing.
- Peeling off stickers – try using cheap spot stickers to decorate a picture.
- Pegboards – copy a design
- Finger puppets
- Card games – snap, fish etc
- Tack Pictures – Tack a picture onto a cork board and have children use different coloured thumb tacks to “colour” it in. They can also do this to “trace” over a letter or number.
- Sand play and other tactile activities are also important – encourage the use of individual fingers to trace patterns and practice letter formations
- Keyboarding – on a computer keyboard or a musical keyboard