

## ACTIVITIES TO DEVELOP INDIVIDUAL FINGER MOVEMENTS

- 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
- Plasticene - roll into small balls using thumb against index and middle fingers, model into different shapes
- Construction activities - Lego and other materials
- 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 small jars/containers or into the squares of an ice-cube tray
- Tearing paper for a collage
- Opening and sealing Ziplock bags. Keep other fine motor materials in these.
- Bubble wrap - try popping with thumb opposed to different fingers, one at a time.
- 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 pipecleaner 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.
- Younger kids might want to use a toothpick to poke holes in the picture instead of using tacks.
- 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
- Chalk on a chalkboard - use small pieces of chalk to promote a tripod grasp. Working on a vertical surface will help position the wrist for stability, which allows the fingers and thumb to move with more control.

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