

## Isolated Finger Movement Activities

Isolated finger movement is the ability to move fingers individually without the rest of the fingers moving. Isolated movement of the thumb and index are particularly important for function.

- Finger-painting, shaving cream painting
- Fingertip games. Place stickers or fingernail tattoos on each fingernail or finger pad
- Place finger puppets on the fingers and thumb of their affected hand
- Pinch and Poke holes into play dough
- Poke holes into dirt using index finger or thumb and put seeds into hole for a fun gardening activity
- Make fingerprints with index or thumb by pressing finger into inkpad then paper
- Push individual keys on a keyboard/piano
- Press small buttons on games e.g. travel hungry hippo, sten-N-slide
- Finger imitation games
- Tape. Place double sided tape around individual finger and pick up coloured salt, sand. Child makes fingers stick together and then pull them apart.
- Press small buttons on games, calculator, computer keyboard
- Finger flicking games (i.e. finger football)