

DEVELOPING HAND SKILLS

Complete activities that use the skilled side of the hand (thumb, index and middle finger). These could include:

1. **Try to find hidden toys in bowls of sand, rice or split peas.** With eyes closed or hands hidden from view, find different objects, with different textures, shapes and sizes and try to guess what they are.



2. **Clapping games** or rhythms that can be learnt slowly and practiced to gain speed.

3. **Picking up and sorting small objects** such as buttons, pegs, beads, sultanas or currents. This could be incorporated into games, such as peg board mosaics, threading beads or macaroni to make a necklace. Sticking or gluing small bits of paper to make a picture



4. **Races** using some of the small objects from above e.g. a child could see how many sultanas they could put into a jar in 30 seconds, first with their right hand and then with their left. They could try to improve their own score or race against someone else, results could be charted to show improvements.

5. **Picking up coins** – how many can you pick up and keep hold of in your hand? Post the coins into a money box – one coin at a time until your hand is empty.

6. **Play dough** – rolling pin, cutters, scissors, cut it with a knife and fork

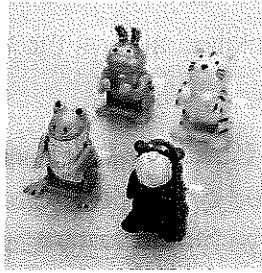
7. **Threading or lacing activities**

8. **Decorating biscuits/cakes** – try using pre-made icing in tubes that you have to squeeze out. Place individual decorations on the biscuit / cake.



ACTIVITIES TO SUPPORT SCISSOR SKILL DEVELOPMENT

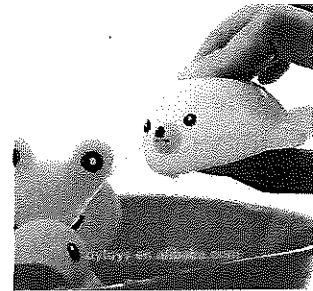
- ☺ Use wind-up toys.



- ☺ Squeeze spray bottles filled with water or paint.

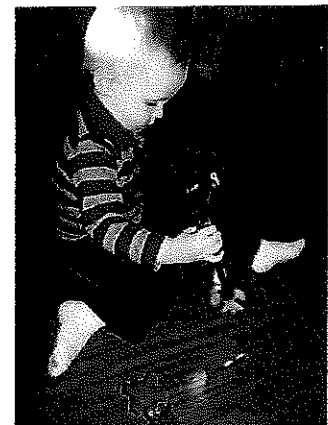
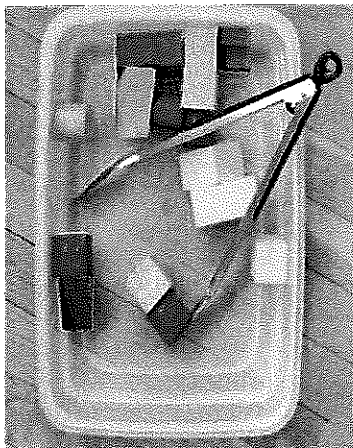


- ☺ Squeeze bath toys to squirt water.

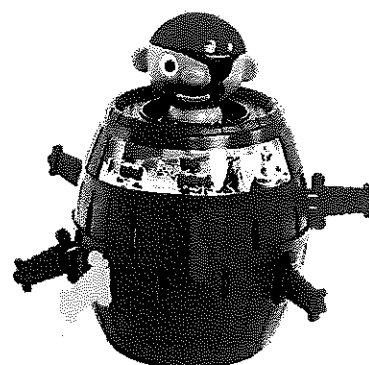


- ☺ Practice opening and closing tools e.g. tongs, salad servers and tweezers.

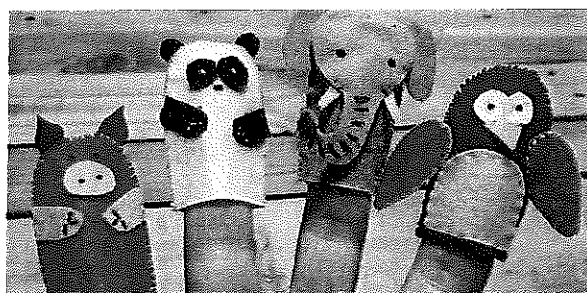
Pick up and put down pick up small objects such as toys, pom poms, cotton balls, ping pong balls, balls of play dough etc, using the tongs.



- ☺ Play with games that involve turning knobs and handles e.g. Pop-Up Pirates, Buckaroo, Etch-A-Sketch.



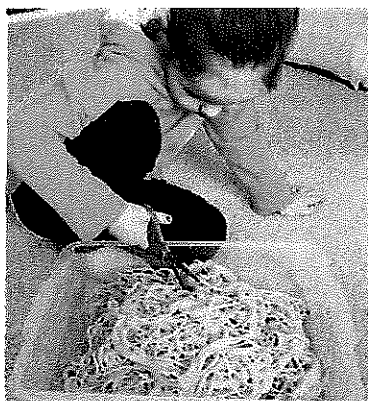
- ☺ Use finger or glove puppets.



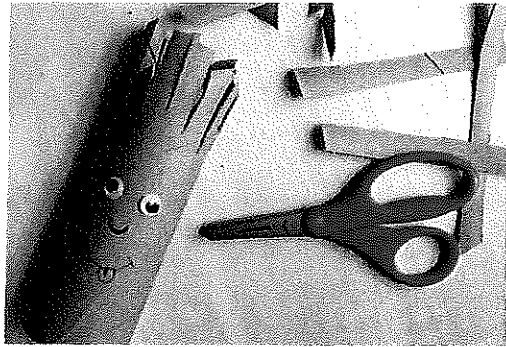
- ☺ Tear and scrunch paper for paper mache work or collage pictures.



- ☺ Practice cutting spaghetti, play-dough or card as these materials are easier to cut than paper.



- ☺ **Make a character to give a hair cut to using a toilet paper tube, string or drinking straws.**



- ☺ **Consider purchasing some 'Handy-Scooper' scissors and encourage your child to pick up small items with them.**



- ☺ **Or some 'Easi-grip junior' adapted scissors.**

