**Motor Activities to encourage Hand/Finger awareness**

**Developing Grasp**

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| **Palmer** | **Activity** | **Achieved** |
| Squeezing toys |  |
| Squeezing playdough/clay |  |
| Taking objects out of containers |  |
| Drawing |  |
| Picking up jacks |  |
| Sanding |  |
| Using a biscuit cutter |  |
| Using a hole punch |  |
| Putting pop beads together |  |

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| **With thumb and fingers** | **Activity** | **Achieved** |
| Stringing beads |  |
| Holding paper for cutting |  |
| Using crayons / pencils / paintbrushes |  |
| Using glue sticks |  |
| Pinching playdough/clay |  |
| Using peg boards |  |
| Building towers with blocks |  |
| Picking up jacks |  |
| Painting with paintbrushes |  |
| Turning pages of a book |  |
| Picking up small beads / objects with tweezers |  |
| Paper weaving |  |
| Putting shapes into a shape sorter |  |
| Sorting paper clips, shaped buttons |  |
| Buttoning, zipping and snapping – on own body |  |

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| **Release** | **Activity** | **Achieved** |
| Giving an object on request |  |
| Stacking activities – cans blocks nesting cups |  |
| Sorting activities |  |
| Placing objects in containers |  |
| The release that is necessary to complete the activities in the “grasp” section |  |

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| **Pincer** | **Activity** | **Achieved** |
| Popping bubble wrap |  |
| Picking up small objects |  |
| Tying bows |  |
| Using pushpins |  |
| Sewing cards |  |
| Stringing beads |  |
| Putting pegs in peg boards |  |
| Using geoboards |  |
| Putting clothes pegs on edges of can jars |  |
| Using an eye dropper |  |
| Turning knobs on a wind-up toy |  |
| Putting coins through a small slot |  |

**Rotary Motion (takes place from wrist with stable arm)** **Finger Isolation**

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| **Activity** | **Achieved** |
| Assembling nuts and bolts |  |
| Using twist lines |  |
| Turning volume knobs on radio and tv |  |
| Manipulating lids on and off jars and tubs |  |
| Mixing food in bowl |  |
| Using wind-up toys, busy boxes, music boxes |  |
| Turning taps on water fountains or sinks |  |
| Turning door knobs |  |
| Scooping sand, gravel, dried beans |  |
| Finger painting |  |
| Finding objects hidden in sand, dried beans |  |
| Unwrapping individually wrapped candy |  |
| Pouring from one container to another |  |

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| **Activity** | **Achieved** |
| Making fingerprints in playdough/clay |  |
| Pushing buttons on tape recorder |  |
| Pushing buttons on blender and other appliances |  |
| Playing musical instruments |  |
| Turn dial on toy phone |  |
| Pushing push pins into cork |  |
| Tracing around stencils with finger tip |  |

**Light Touch**

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| **Activity** | **Achieved** |
| Work on whole body relaxation – if your body is tense, your fingers will be unable to touch lightly |  |
| Place coins/counters inside the squares of braille graph paper and have the student move his fingers across them so lightly that he does not move them outside the squares |  |
| Place cotton balls beneath the child’s fingers and have him move them across the page |  |
| Learn to “tickle” the dots |  |

**Proper finger position**

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| **Activity** | **Achieved** |
| Each finger has a “job” – lead finger, detective finger |  |
| Curve fingers over the edge of pencil or ruler |  |

**Bilateral Hand Use (almost all of these activities involve**  **Hand and finger strength**

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| **Activity** | **Achieved** |
| Crumpling paper |  |
| Placing clothes pegs on edges of cans and jars |  |
| Stretching rubber bands |  |
| Manipulating play dough |  |
| Squeezing glue bottles |  |
| Using stapler held in hand |  |
| Using stapler by pushing |  |
| Using a rolling pin |  |
| Using a hole punch |  |
| Hammering |  |
| Pushing together and pulling apart pop beads |  |
| Pushing together and pulling apart bristle blocks |  |
| Squeezing soft balls |  |
| Sponge painting |  |

**stabilizing with one hand and manipulating with the other hand).**

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| **Activity** | **Achieved** |
| Stringing beads |  |
| Pulling tape off roll |  |
| Tearing paper |  |
| Twisting lids on and off |  |
| Cutting paper |  |
| Using a hole puncher |  |
| Sanding |  |
| Using a ruler to make lines |  |
| Holding containers with one hand, placing object in with other |  |
| Stabilising toy with one hand, using other to play |  |
| Pushing together and pulling apart pop beads |  |
| Finger painting |  |
| Rolling snakes and balls with playdough/clay |  |
| Attaching paper clips to paper |  |
| Tracing around an object or stencil |  |
| Holding paper with one hand and stapling with other |  |
| Stabilising bowl while stirring |  |

**Dough disco:** <https://www.youtube.com/watch?v=DrBsNhwxzgc>

<https://www.youtube.com/watch?v=KSBO8N4ctJg>