

Activities for Finger & Hand Development

Activities for Finger & Hand Development

In order to hold a pencil properly, fasten & unfasten buttons, pick up small objects, or point at something, a child must be able to move their fingers one at a time and independently of each other.

As children develop, they first learn to use all their fingers at the same time. As a result, they may hold a crayon with a fist or use their whole hand to pick up objects. However, as they grow & develop, they learn to move their fingers in isolation of each other & become better at picking up items with their thumb & pointer finger.

The following activities will help your child develop their finger & hand skills.

Individual Finger Movements

- Pointing games
- Poking bubbles
- Finger puppets
- Pasting
- Toy telephone
- Finger play such as where is Thumpkin? & Itsy Bitsy Spider
- Finger painting & making fingerprints
- Toy piano
- Typewriter/keyboard

Opposition (touching each finger to the thumb)

- Play with a turkey baster or eye dropper in the bath tub
- Paint a picture using an eye dropper
- Pick up small objects such as raisins, cheerio's, marbles, checkers & Bingo chips
- Insert or pull out small pegs or toys such as Lite-Brite

- Pull & pinch pieces of Play-doh or clay
- Sort objects of different sizes, shapes, or colours
- Put coins in a slotted lid or piggy bank
- Play Tiddlywinks or flick objects using your thumb & fingertip
- Pick-up objects with clothespins or put clothespins on the edge of a box (Mark the clothespins with colours, shapes, or number to incorporate sorting or counting.

Unilateral Hand Skills (using one hand)

- Stack blocks to build a tower
- Place a piece of tape on the floor or a table and have the child drive a toy car along the path.
- Play with pegboards
- Throw a ball or bean bag at a target
- Catch a ball or bean bag with a scoop
- Hit a suspended ball with your hand or a paddle.

Bilateral Hand Skills (using two hands together)

- Play rhythm games to music that involve clapping hands, tapping sticks, using cymbal or drums.
- Play with pop beads
- Scoop sand or rice with 2 hands
- Hold a clothesbasket or box and catch a balloon or ball in it.
- Use a rolling pin to flatten Play-doh or clay
- Roll, throw, or catch a large ball with two hands
- Push or carry large objects with two hands
- Hit a suspended ball with a soft bat or dowel
- Use a rolling pin & cookie cutters with clay or Play-doh

Hand Muscles

- Play tug-of-war with small diameter objects such as elastic bands, coffee stir sticks, or plastic lacing.
- String beads ensuring that the child using finger movements to place the string through the bead rather than placing the bead over the string.
- Insert pegs into a peg-board
- Wring out clothes or sponges
- Playing with clay, putty or Play-doh
- Games & toys that involve grasping or squeezing things

Wrist Stability

- Drawing/writing on a chalk board or another surface that is above eye level
- Position games and toys on a vertical surface
- Paint, draw or colour on a vertical surface or mounted on a clipboard.

Pronation & Supination (turning your hand palm up & palm down)

- Turning pages in a book
- Turning door knobs & screwing/unscrewing lids on jars.
- Scooping objects into a container & then pouring them out.

If you are concerned with the manner in which your child uses their fingers or hands, consulting your family doctor or a healthcare professional such as an Occupational Therapist may help.

Please refer to the Articles & Information section of our website for information on fine motor development.



Copyright © 2002 Skill Builders. All Rights Reserved.

Visit Us Online at:
www.skillbuildersonline.com

Occupational Therapy
Skills for the job of living.

Email Us at:
info@skillbuildersonline.com