

When doing these activities try to keep the RING and PINKY fingers tucked into the palm so that the thumb, index and middle fingers are doing the work. Developing the "Precision" side of the hand: Let the thumb, index and middle fingers do the work!!!



- Scooping sand, rice, beans, pom poms etc.. Bubble Tongs
https://www.amazon.com/s?k=bubble+tongs&ref=nb_sb_noss_1

- Cutting with scissors thumbs up grasp: cut plastic straws, straight and curved lines, various paper thicknesses.



- Wind up toys-have a race with them.
<https://www.witandwhimsytoys.com/roaming-dino-wind-up.html>



- Spinning tops
<https://www.amazon.com/Shumee-Set-Handmade-Gyroscopes-Educationa>
- Build with medium or small Lego's
- Tongs or tweezers: use these to pick up small objects for sorting, such as beads, pompoms and cotton balls.
- Large push pins (thumb tacks): Place a printed picture over a sheet of craft foam or cork board. Then use the push pin to punch holes along the lines of a picture. Hold the paper up to let the light shine through.
- Push a toothpick point into a styrofoam tray or plate, or in aluminum foil placed over craft foam or corkboard to make a picture.
- Pick up and place coins or bingo chips in narrow slots; a piggy bank is perfect or Connect Four game.
- Eye droppers: make colorful dribble art creations by placing drops of colored water on a paper towel or coffee filter
- Geoboards: make shapes and letters using rubber bands on geoboards •
https://www.amazon.com/HEELWIRE-Montessori-Graphical-Mathematical-Education/dp/B0BJZJP7Q/ref=sr_1_2_sspa?keywords=geoboard&qid=1704741738&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1
- Games: Pick-up sticks, Jenga, Don't Spill the Beans, Kirplunk, , Lite Brite, Tiddly winks

games, Ants in the Pants, Operation, , Bedbugs All good for the fingers. • Coin flipping contest: line up rows of coins and see how fast you can flip them over



- Pegboard activities

<https://www.amazon.com/Skoolzy-Toddler-Learning-Toys-Occupational> •

Encourage opening packages (chip bags) to pinch and pull open and Ziploc bags: encourage using fingertips to press and seal

- Buttoning, snapping, zipping practice.
- Pop beads
- Stringing beads
- Peel stamps and stickers to make a design using the (thumb, index and middle fingers) • Crumple small bits of tissue paper using fingertips, dip in glue and paste onto a paper plate or paper to make a flower bouquet or other craft.
- Tear small pieces of paper with fingertips and paste them onto a sheet of paper to color in a picture or make a collage.
- Cut sponges and sponge paint using three fingers (thumb, index and middle finger) on sponge.
- Water play-use spray bottles to water plants and play with squirt guns at a target.
- Use small crayons, broken crayons to color in a picture and place the picture on a vertical surface.(i.e.tape it on a wall)
- Use small pencils such as golf pencils when writing.
- Try using pencil grips that have specific markings to place the fingers correctly on the pencil.
- Try to twist off a cap from jars, plastic bubble container or a tube of toothpaste with one hand while stabilizing with the other.

Have Fun !! If you have any questions feel free to contact me.

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