

Activities to encourage play using two hands together

Banging objects together e.g. 2 bricks, 2 shakers

Passing objects from one hand to the other e.g. any small toy or object.

Pull apart or push together toys and activities, Velcro fruit, Russian dolls, stickle bricks, easy construction kits/building towers, paper crumpling.

Clapping and finger games – i.e. ‘Pat-a-cake’ ‘Two Little Dicky Birds’.

Scooping and spooning

Help your child to hold a container in one hand and scoop with a spoon or other container using sand, porridge oats, water, pasta.

Other ideas for extending hand skills

Clothes pegs

Dustpan and brush

Threading

Play dough

Screwing and unscrewing bottles and containers.

Whisking and cooking

Mark making in sand, gloop, with chalk, with tools i.e. large/small paint brushes, cotton buds, hands

Sponges

Dressing up

Construction games

Scissor skills