

# Activities to help with hand skills

The following activities help children to have more control of their hands and fingers, in their play and daily living skills.

## Pointing

- Finger puppets
- Push button toys (try to use index finger)
- Press finger into play dough, foam, jelly, pasta, wet sand, soil etc.
- Play finger games i.e. “two little dickie birds” “round and round the garden”.
- Use books with holes for fingers.

## Grasping

- Pick up and post small objects i.e. raisins, rice krispies (encourage the child to pick up one at a time).



- Use clothes pegs.
- Post money into a box (for children who will not put the money in their mouth).
- Inset puzzles.
- Peg boards
- Practise opening and closing hands with a variety of objects i.e. squeezing sponges/play dough/jelly/balls.