

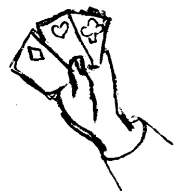
OCCUPATIONAL THERAPY
HAND SKILL DEVELOPMENT
ACTIVITY IDEAS
March, 2003

PLEASE REMEMBER THAT HANDS NEED TO DEVELOP READINESS THROUGH PLAY AND MANIPULATION BEFORE WE EVER PUT PENCILS TO PAPER. WRITING IS A SKILL BASED ON MANY MANY READINESS FACTORS

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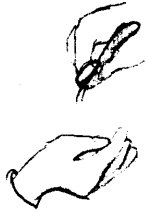
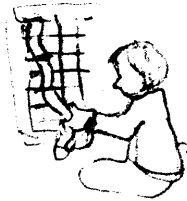


- peeling oranges, peeling lemons, pulling grapes off the stem
- hold small bottles (from hotels: shampoo, lotion) under little finger and ring finger and then use thumb, index, and middle finger to unscrew and then tighten the top
- have a bin of very small crayons/small chalk for drawing and scribbling: vary the position so that sometimes you color while laying on your tummy, sometimes lay on your side, sometimes stand and color on a paper that is hung up on the wall
- have a bin of old crayons and peel off the paper
- have a bin full of different paper and crumple and tear
- card games: turning the cards over, dealing cards to play partners, trying to hold several cards open in one hand (go fish, old maid) fanned out style
- games that require you to shake dice. Place the small dice in the palm of your hand, then cover the hand





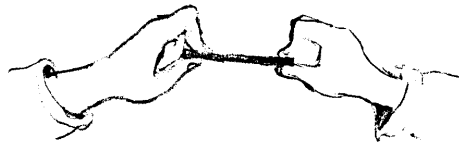
- cupping the dice between the two hands, and shake
- use toy tops, spin. Also the doodle tops that are markers are fun, you have to spin them and then they create art.
- Provide lots of wind up toys
- make designs with small cup hooks (you screw the cup hooks into wood, about ½ to 1 inch apart, and the child then has to thread a long shoe lace or elastic lace into each cup hook (ideally you would have the piece of wood up on a vertical surface)
- provide chicken wire (protect the sharp edges by covering with duct tape) so the children can weave different fabrics or scarves in and out of the holes.



- Play the palm loading game: have child make his palm into a bowl, start filling with coffee grinds or rice, and tell the child to keep the palm rounded so none of the coffee or rice falls out
- use the triangular eraser tips (different colored tips that you put on the end of the pencil) hold one in each hand at the rounded end, keeping fingers relaxed and maintaining the “o” position between the thumb and index fingers. With the pointed end pick up tiny dice and build a tower, or pick up small pieces of sponge and put into a bowl



- Chinese Ball Roll: use big marbles or actual Chinese balls (come in a Chinese box, and make a bell sound as you roll them). Hold two balls in one hand, and rotate by moving thumb in pushing the balls in towards the little finger side of the hand. Keep rotating the balls around and around. Try doing it with both hands.
- Finger tug-of-war: Use coffee stir stick or straw, hold between thumb and index finger, the partner tries to pull



it away, using the same fingers. Then hold between thumb and middle, then thumb and ring, then thumb and little.



- Use the cap from a 5 gallon crystal water jug (or similar top), fill with water. Hold the top between your fingers tips, palm up, and rotate it 10X one way, then 10X the other way (don't spill)

- place hand over a small rubber ball, lift one finger at a time up, then do patterns, and have the student copy which finger is up.



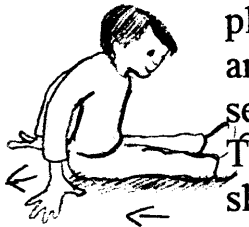
- hold coins in your hand, and feed out one at a time from your palm to your finger tips then put into a coin bank



- make a perfect circle with your thumb to the pad of index finger, the partner tries to pull the circle apart, then thumb to middle finger and repeat, then thumb to ring and repeat and thumb to little and repeat. Do both hands



- Sit pull throughs: Sit long legged on the floor with hands placed on floor at sides. The fingers should be together and pointing away from the body. Thumbs should be separated as widely as possible from the index fingers.



Take the weight onto the heels of the hand in order to slide the body backward, this will naturally expand the thumb web spaces to allow full abduction of the carpal-metacarpal joints.

- Grasp each domino between the thumb and index pulps and position it about $\frac{1}{4}$ inch from the next domino, along a straight or slightly curved path. Once 20+ are aligned, tip them over and watch them fall.

