

ACTIVITIES to DEVELOP PENCIL GRASP

NB: If a student uses more than their thumb, index and middle fingers to handle and manipulate the materials, have him or her keep the ring and pinky fingers “separate and quiet” by tucking a small object such as a cotton ball inside them.

- ◆ Apply tiny items such as beans and pasta shapes with tweezers, to make a collage.
- ◆ Braid gimp or cord to make wrist bracelets, necklaces etc. Begin by tying a knot in the gimp and securing it to a table, by means of strong tape. Lace around the circumference of a punched out design or weave in and out of holes to create a pattern using a craft needle and yarn.
- ◆ Make mini playdough shapes by using molded push in / pop out forms or tiny cookie cutters.
- ◆ String pasta shapes onto fine craft elastic to make bracelets, necklaces etc.
- ◆ Use tweezers to dip beans or pasta shapes into paint for art work or jewelry.
- ◆ Poke, draw and cut designs into plasticine with an assortment of hand tools.
- ◆ Use eye droppers or tiny applicators for paint and glue to create pictures and collages..
- ◆ Trace small and medium size shapes by using a variety of template designs. Colour the designs by using very short pieces of crayon.
- ◆ Button Art. Glue buttons on collages, sort by color, size, or shape. Sew on hand or stick puppets.
- ◆ Pick up small items, play games or eat with children’s training chopsticks.
- ◆ Use clothespins to transfer, grasp and release small items in a game of skill, or use them to hang artwork. Children can also count how many pins they can clip in one minute, etc.
- ◆ Make Lite Brite designs creatively or by copying designs.
- ◆ Play “pick up sticks” game using straws or wooden BBQ sticks.
- ◆ Feed coins or small shapes through a slot.
- ◆ Play games with jacks.
- ◆ Fold small pieces of paper to make designs as in Japanese Origami.
- ◆ Play pegboard games.
- ◆ Turn over as many pennies as possible within one minute.
- ◆ Play tug of war with small, narrow objects such as stir stick, Popsicle sticks.
- ◆ Pinch ziplock bag seals together.
- ◆ Snap fingers to a tune or rhythm.
- ◆ Roll ¼ inch balls of putty between thumb, index and middle fingers.
- ◆ Pop bubble wrap by using thumb and index fingers.
- ◆ Squeeze small pop-it beads together to make designs or patterns.
- ◆ Squeeze the trigger of a spray bottle with the index and middle fingers, while holding the bottleneck with opposed thumb and ring and little finger.