

Pre-Cutting Activities

These activities reinforce the open-close concept and strengthen the hands muscles:

- Use tweezers and tongs. Pick up small items such as cotton balls, Playdoh, marshmallows, small blocks, etc.
- Squeezing a turkey baster, eyedropper, spray bottle, or squeeze ball. Use colored water to decorate the sidewalk, walls, grass, etc.
- Pinching and rolling Playdoh between the tips of the thumb, index and middle fingers.
- Use a single hole puncher. Make confetti!! Use different shaped hole punchers.
- Sing hand action songs such as “Twinkle, Twinkle Little Star” and “Open Shut Them”.
- Use reachers to pick up objects and place them into containers.
- Use clothespins to hang pictures on a line.
- Use a garlic press with playdough or garlic.

These activities work on using two hands together:

- Tear pieces of paper to create a picture with torn paper.
- Play with wind up toys.
- Use an egg beater to whip up soap suds, colored water, thin mud, small birdseed, uncooked rice, or sand. Try turning cream into whipped cream or butter.
- Marble painting – line a tray or cookie sheet with paper. Put a few dabs of finger paint in the centre of the paper. Use a marble or small ball to roll through the paint to make a design. Try keeping a pattern going.
- Screwing and unscrewing – jar and bottle lids, nuts and bolts.