

Activities to encourage a tripod grasp, develop motor separation in the hands, and strengthen the hands.

1. Play dough – roll into tiny balls using finger tips, roll balls of clay in palm, cut play dough with scissors to increase grip strength. Or kneading bread dough is a great hand strengthener
2. Tearing newspaper – hold with thumb, index, and middle fingers to tear, or use construction paper make a mosaic design gluing them onto another piece of paper.
3. Squirt guns or spray bottles, ex. draw outside with small pieces of chalk then erase it with a spray bottle.
4. Tweezers, tongs or spring clothes pins– pick up raisins, cheerios, or other small objects.
5. Lacing activities – commercial lacing cards, noodles, cheerios, cut up drinking straws, or beads.
6. Coins – put in bank or other container with small slot.
7. Color with small pieces of crayon or chalk to encourage a tripod grasp
8. Coloring on a vertical surface – tape paper up on the fridge to color.
9. When using a pencil encourage child to “pinch” the pencil using thumb, index, and middle fingers. If this is difficult try a pencil grip.
10. Make a design using small stickers, peel off with index finger and thumb.
11. Spin small tops

12. Make a mosaic picture using rice, beans, or any other small item. Glue one at a time.

13. “squirrel” away small objects into palm of hand. Pick up small objects one at a time, using only your thumb, index, and middle fingers, and move it down to your palm and hold it there while picking up more. Then shift the objects, one by one, back to the table.

14. seal zip-lock bags.

15. Wring out water of small clothes or sponges that fit well within the curved fingers.

16. Shake dice in cupped hands.

17. Chinese marbles, use 2 marbles or two small balls—rotate them around each other in the palm of the hand.

18. wheel barrow walking

19. Animal walks

20. Lay tummy propped on elbows to do puzzles, or color.

21. Wind mills with arms.