

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

1. Color/write on a vertical surface (slant board, paper taped to wall or fridge), use small pencils or small pieces of crayon. Using a vertical surface encourages proper hand position, tripod grasp, strengthens hand, arm, shoulder.
2. Mazes or dot to do, first use finger to practice route then use pencil or small piece of crayon. Do these on a vertical surface, hold paper with other hand.

Other activities

1. Tweezers, tongs or spring clothes pins– pick up raisins, cheerios, or other small objects.
2. Lacing activities – commercial lacing cards, noodles, cheerios, Cut up drinking straws or beads.
2. Coins – put in bank or other container with small slot.
3. 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.
4. “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. Use small pieces of candy, or coins.
5. Wheel barrow walk, bear walk, or crab walk.