

Pincer grip activities

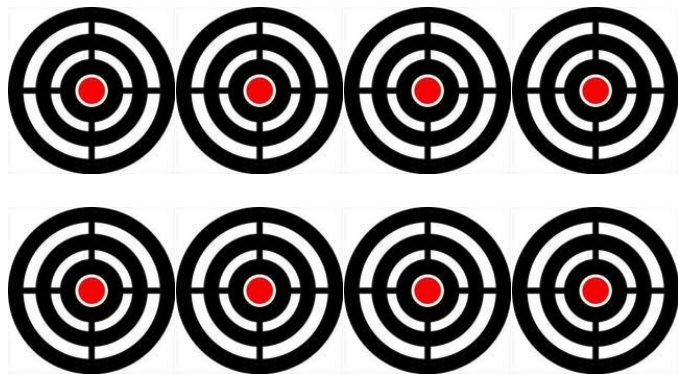
Roll small balls of play dough or putty in fingertips



Tear paper while keeping ring and pinky fingers tucked into palms

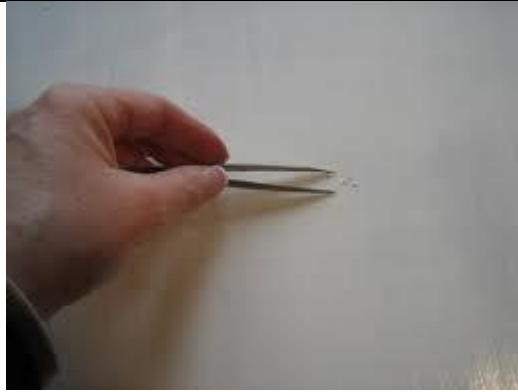


Do page of [sticker targets](#) with small colour dots (available at office supply stores). Especially when the picture is clipped or taped up onto a vertical surface, child will start to automatically stabilize on the side of the hand while using index and thumb to place stickers in precise places.



You download a target sheet from Healthy Hands section.

Scissor cutting or writing or colouring or painting or eye droppers or tongs or tweezers... with a "magic penny" held against the palm with the ring and pinky fingers curled in (its magic like Dumbo's magic feather that helped him fly).



Water guns or squirt bottles with one- or two-finger triggers. Keep other fingers tight around handle or neck



Roll tissue paper into balls to glue onto paper for collages. Tissue paper scrunching – crumple up bits of soft paper and throw them around the floor. They the pupil needs to chase them by walking/ crawling and pick them up with their toes- helps hands and feet!

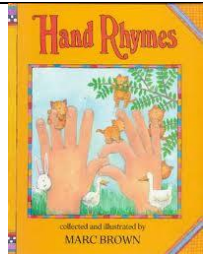


Penny flipping: line up a row of pennies and flip them all over one at a time as quickly as possible



Finger pattern games: copy adult in positioning individual fingers as demonstrated, working on moving just

one finger at a time



Hold a tube of toothpaste or a small bottle in one hand and try to remove/replace the lid without using the other hand



Pincer grip activities cont.

Tiddly winks



Straws / sticks cut to 2 cm, place into peg boards and then go along the pegs sticking out and turn upside down. Ideally the sticks should be different coloured on each end.

Posting coins into a money box.

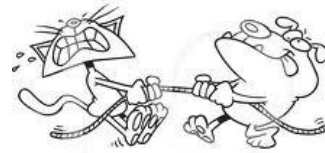


Remove objects from containers that only fits in thumb and index finger.

Opening packets / jars etc



Paper tug of war – only hold with finger tips.



©Ron Leishman * illustrationsOf.com/440591

This information has been prepared by **Newbridge Outreach Service**

You are welcome to share with others – please acknowledge where you obtained it from.

NEWBRIDGE OUTREACH Newbridge School Barley Lane Campus 258 Barley Lane Goodmayes Ilford IG3 8XS