

Games to Improve Hand Skills

- Provide the opportunity to explore different construction toys, such as Lego's, K-nex, Tinker Toys. Vary the position your child is playing (sit on floor). Make a design and have child copy it.
- Play with resistive materials such as clay, play dough, etc. Shape into ball, roll into snake, pinch with index and thumb, make into letters, flatten into pancakes and use cookie cutters.
- Crumpling large sheets of paper increases hand strength. It is fun to play basketball with the paper.
- Tearing small pieces of paper is great for fine motor dexterity. You can glue the small balls of paper to make a design.
- Play a "feely" game: Place small common objects into a pillow case (small care, paper clip, coin, rubber band, die, puzzle piece, etc). See if your child can identify the object using only their hands. Vary the game by using only one hand, identifying the object before it is removed, or matching objects. You can use numbers or shapes in the bag as well.
- Use small crayon stubs (broken crayons) to promote better use of fingers for grasping.
- Play games using tongs or tweezers. Pick up objects and place into containers. "Operation" and "Bed Bugs" are good tweezer games.

~ (Adapted from Michele Sloan OTR/L)