

Bubble Wrap Fun

Strengthen hands & fingers and work on finger isolation. Try on of the following:

- Twist and Pop – wring the bubble wrap like a towel and hear the bubbles pop! Children can take turn or they can twist it together.
- Put Number or Letter stickers on the “bubble” and have children pop 1 number / letter at a time
- Popping ONE at time: Encourage children to pop the “bubbles” one at a time by pinching with the tip of the Thumb + the tip of 1 other finger e.g. the “OK” sign with thumb and index finger.
- Tape a bubble wrap path on table / floor and drive the cars/trucks on it



Sticky Paper (Contact Paper) Activities

- Tape sticky paper (contact paper) on table or wall. Then give children a variety of things to stick on the paper to make art e.g. pompom, google eye, foam letters, beads, Qtips, yarns, etc.
- This can also be done as group activities, e.g. each child can decorate a section
- Make a marble drop / run with toilet paper roll! For children who love the “sound effect” when the marble drops, use metal container to catch the marbles



Clothespins or Clips

- Make “Free decorate” craft with clothespins / clips
 - Draw a simple dino or porcupine shape on cardstock paper or cereal box (Make a Big dino with cardboard box for group activity)
 - Have children put clothespins on them to “finish” the dino / porcupine/ sun / spider, etc.
- For children who love colour / number / letter, try matching activities e.g. they can match coloured clothespins to a mega block.



Encourage children to use the pincer grasp (thumb, index finger, and tall finger), rather than using a lateral pinch (like holding a key) or avoiding use of thumb altogether by holding the clip in palm of hand.



Tongs / Tweezers / Scoopers

Pick up small objects (e.g. cotton balls, pompoms, plastic dinosaurs toys, etc.) using tongs, scoopers, tweezers, and put them into containers/bowls.

Make it more fun: put cars, small toy animals on putty and have children unstuck them; drop pompom / toy animals into container filled with water, etc.

For increased sensory experience: hide toys in sand, rice, dry pasta, etc. and have children find them.

Encourage children to use the thumb, index finger, and middle finger on tweezers/tongs. This helps develop in-hand manipulation skills and pre-scissors skills.



Tissue Bows & Balls

Tear a small piece and glue it onto construction for creative crafts.

Children can also try rolling the small piece of tissue paper up into a small ball before gluing.



Piggy Bank

- Pick up 1 bingo chip, coin, poker chip, or button and hold it at the finger tips.
- Hold the piggy bank with the other hand
- Push the coin/button through the slot. Turn the piggy bank so the slot can be presented to the children horizontally, vertically, or diagonally.



Stringing Beads

- String big pool noodle pieces onto skipping rope (this can be done as group activity)
- String pony beads or big wooden beads onto pipe cleaner
- String big beads / pasta / cheerios / etc. onto pipe cleaner or strings

*try this activity in different positions: kneeling, sitting, standing, etc. to challenge core strength



Playdough / Theraputty Fun

Hide and Seek Treasure Hunt: To help strength hand muscles and encourage different hand/finger movements

- Hide items (e.g. buttons, small blocks, or coins) as treasures inside the Theraputty or Play dough
- Encourage child to use different finger and hand movements (e.g. pinching, pulling, squeezing) to search for the treasures
- Group activity: have 2-3 children in a group and take turns to find treasures



Doughmat activities: encourage using of both hands and support hand strengthening

- Opening and closing the lid of the container
- Form dough balls of different sizes by rolling in hands or on the table
- Make it Flat like a pizza or pancake! pull or push in all directions to make it flat.
- Make a log / snake: Squeeze or roll playdough / theraputty with fingers to make a long snake / log
- Roll the playdough into small balls using only the fingers!
- Make shapes, animals, letters, faces, etc. with dough mat, cookie cutters, playdough cutter, etc.



Nuts & Bolts

- Putting together and taking apart plastic toy nuts and bolts. Children can create their own designs and patterns



Lacing

Lace pipe cleaner or string through holes to help develop the fine motor and eye-hand coordination skills. Try this activity in different positions: kneeling, sitting, standing, etc. to challenge core strength



Wind-Up Toys and Finger Push Toys

- Help build dexterity and strength of hands and fingers

Wind-up toys:

Make sure children use only the Thumb, Index finger, and the middle finger on the nob. Also make sure children are twisting the little nob, not the toy itself.

Finger push toys:

Encourage use of index finger. This can be done in a group of 2-3, each child will take a turn to make the frog jump or they have a race to see whose frog can jump further / get to finish line faster (use Ready, Set, Go prompt)



Bottle and Container Lid Matching

Collect bottles / containers and lids. Wash and sanitize them thoroughly.

- Practice opening and closing the lids
- Match the lids to the bottles and putting them on!



Eye Dropper Art

Practice squeezing liquid into and out of eye droppers/turkey baster. Children could also make colourful designs on coffee filters with food coloring and water mixture.



Use of Vertical Surface

Allow children to draw or paint or play using vertical surface. This helps develop the small muscles of the hand and wrist as well as the larger muscles of the arm and shoulder

- Play with fridge magnets on dry erase board, filing cabinet, etc.
- Draw and colouring on chalkboard, whiteboard, table top or floor easel, a piece of paper taped on the wall



Work in Different Positions

- **Lying on tummy**
- **Kneeling**
- **Standing**
- **Sitting crisscross on floor**

Working in different positions When listening to music/stories, Reading, Colouring, doing puzzles / mazes, etc. helps build core strength and upper body stability

