

Whole hand activities

1) Money Boxes



Use a regular money box or a recycled container and encourage your child to hold 2 or 3 coins in the hand and push them through one at a time without dropping the others.

Upgrade to using more coins as your child gets better at this task.

Putting coins in a top slot is easier than pushing them through a side slot.

If your child uses a side slot, make sure the thumb is under the fingers to get the most out of the exercise (as shown above).

2) Egg Carton and Beans



This is the same concept as the moneybox idea above, but using dried beans and an egg carton.

In this example, we are **reinforcing number concept** by writing a number inside each hole, and the child has to add the correct number of beans.

Have your child **hold a few beans** in their hand, and place them into the container one by one by **moving a single bean** up to the **fingertips** each time. It is harder than it sounds, especially for children with poor fine motor skills!

3) Playdough



Allow your child to **squash, squeeze, roll** and **pound** the play dough to get those hand muscles moving.

Fine Motor Activities for Early Years

Tripod Finger Activities



The Tripod Fingers

The thumb, index and middle fingers are the fingers used to control the pencil when writing. I call these the tripod fingers.

These exercises will help your child learn to use those fingers in the first step to developing good pencil control.

1) Scissor Cutting



Scissor cutting is by far one of the **best** hand exercises as it is a **great way** to getting the **tripod fingers to work together** well.

Make sure your child **uses the tripod fingers in the holes**, and give **lots of practice** cutting out on straight lines before moving on to shapes and pictures.

2) Tripod Colouring



Use the **tripod fingers to hold a crayon flat** and rub colour all over a large area, like this circle which is about to be cut out.

Although square and triangular crayons are great, they can be expensive, but **regular crayons** do the trick just as well.

3) Tearing Paper



Either you or your child can tear the strips from the page. Once strips have been torn, then **tear the strips into small squares** across the grain.

Use the **tripod fingers to grasp** the paper and tear. For best results, **place the thumbs together on the top**, and then pull one hand towards the body.

4) Peg Activities



Draw a single dot on one side of a clothes peg, and two dots on the other side. This shows your child where to place the fingers.

Your child should grip the pegs with the **pads at the tops** of the fingers

Use the pegs to **pick up and transfer items**, or have your child **pick up and place** a number of pegs, making sure the tripod fingers are used correctly.

5) Mini Paper Crumpling



Crumpling small pieces of crepe or tissue paper **into balls** is a good tripod finger exercise and also makes a great decoration for craft activities.

6) Squirt Toys



Available from some toy shops and therapy product suppliers, these little plastic toys that **squirt water** can be used effectively with the tripod fingers.