
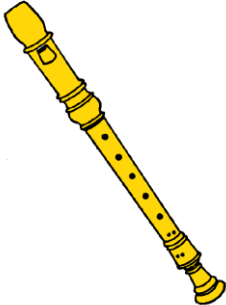





# Top Tips for Developing Hand Skills

Before carrying out any of the activity suggestions below, always prepare your child by discussing the strategies beforehand and let them take the lead as much as possible. Choose the ones that you feel are most appropriate for your child. The lists of activities are not prescriptive and you can vary them. Use a little and often approach to ensure your child has fun with these activities.

Play to Develop Hand Skills	
  	<ul style="list-style-type: none"> <li>• For hand skill activities encourage sitting at a table or on the floor, so that the child does not have to balance at the same time as doing the activity</li> <li>• Try baking with an adult; choose a recipe that needs stirring or use of a rolling pin.</li> <li>• Have some fun with threading activities; try threading buttons, beads or even macaroni. You could use a piece of string, a pipe cleaner or even a stick.</li> <li>• Play with musical instruments such as keyboard, recorder, and penny whistle.</li> <li>• Practise cutting with scissors (straight lines, curves, zigzags, fringes, pictures in magazines).</li> <li>• Play games with playing cards (e.g. Snap, Uno).</li> <li>• Playdoh or plasticine - can you make animals or the alphabet? Do lots of squeezing, rolling, pinching and tearing.</li> <li>• Help out at home e.g. washing the car/windows (squeezing the sponge, carrying the bucket, holding the hose, polishing).</li> <li>• Pop bubble wrap using your thumb and index finger. How many can you pop in one minute?</li> <li>• Use spray bottles or water guns to spray house plants, windows, hit targets or spray different colours of coloured water to make a design on paper.</li> </ul>

Play to Develop Hand Skills	
  	<ul style="list-style-type: none"> <li>• Scrunch up balls of paper to play paper football, volleyball or to use in craft activities.</li> <li>• Squeeze a stress ball. This can even be done whilst you are watching T.V</li> <li>• Marble or ball rolling games—make up an obstacle course for the marble/ball to run through. —how long can you keep the balloon in the air?</li> <li>• Practise picking up small objects with tweezers or clothes pegs. You could have a race to see how many you can pick up in one minute.</li> <li>• Dressing up games or dress up a doll.</li> <li>• Have fun with messy play e.g. making sand castles or pouring water from one container to another.</li> <li>• Post coins into a box or piggy bank. Use your thumb and your index finger to pick up the coins. How many can you post in one minute?</li> <li>• Hide objects such as toy cars, coins, beads and paper clips in a bowl of dried pasta or rice. Can you find the objects with your eyes closed?</li> </ul>