

## Play and Hand Skills

### Finger Isolation

Finger isolation refers to the ability to point with one finger at a time.

These play activities have been put together to improve your child's hand skills. They can be done in any order and should ideally be practised 3 times a week for 15minutes:

- Singing and doing the actions to 'Two Little Dickie Birds'
- Drawing in shaving foam or spray cream with fingers
- Flicking a ping pong ball or cotton wool ball with the fingers
- Playing with finger puppets
- Rhymes like 'Round and Round the Garden' or 'Incy Wincy Spider'
- Playing with a toy keyboard or press button toy
- Dialling the numbers on toy telephones
- Poking holes into Playdoh with fingers