

Play and Hand Skills

Pincer Grasp

The pincer grip is a refined movement, we use it to pick up, hold and release small objects. This is essential to learn skills such as managing buttons, tying shoe laces, handwriting and using scissors.

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:

- Pop bubble wrap paper
- Place small pegs into a peg board
- Placing plastic coins in a money box
- Picking up chocolate buttons/raisins off the table
- Small handled inset puzzles
- Opening and closing clothes pegs
- Use tongs/tweezers to pick up small objects and place them in a container
- Threading beads
- Construction activities e.g. lego
- Board games with small counters e.g. connect 4, kerplunk, battleships
- Craft activities