Finger Isolation games and activities

- play pointing games, such as "I Spy"; position child's hand to point with index finger extended outside of a fisted hand
- use pointing finger while reading books and looking for objects in pictures
- finger puppets
- shadow hand puppets using a torch to cast a shadow on a wall
- counting on fingers one at a time
- use pointing finger to trace shapes, numbers, etc. in sand, shaving cream, on paper, and so forth
- pick up small, light items on dampened fingertips of each finger (e.g., hole puncher cut-outs, sequins, glitter, beans, small beads)
- place tape around each fingertip, sticky side out, to pick up small, light items listed above
- musical instruments: castanets (finger symbols), recorder, tin whistle, toy flute, trumpet, toy piano, etc.
- play finger soccer: teach child how to "flick" the ball into the goal. Ball can be crumpled paper, ping pong ball, round bead, etc.
- keypad gadgets: calculator, adding machine, telephone, toy cash register
- finger games: Where is Thumbkin, Itsy Bitsy Spider
- teach finger signs such as "A-OK", V for Victory, thumbs up/thumbs down, Number 1, etc.
- finger painting

Pinch strengthening and control Be sure that the thumb and index finger (and middle finger if needed) are doing the holding and squeezing:

- Tongs, tweezers, connected chop sticks, strawberry hullers: use these to pick up small objects for sorting, such as beads,
- eye droppers: make colourful dribble art creations by placing drops of coloured water on a paper towel or coffee filter
- pick-up sticks, Jenga, Don't Spill the Beans
- winding up wind up toys
- pegboard activities
- tiddly winks games
- tong games: Operation, Crocodile Dentist, Bedbugs
- Ziplok bags: encourage using fingertips to press and seal
- Buttoning, snapping
- pop beads
- peel stamps and stickers
- crumple small bits of tissue paper using fingertips, dip in glue and paste onto a paper plate or paper to make a flower bouquet
- tear small pieces of paper with finger tips and paste them onto a sheet of paper to make a picture

- when colouring, drawing and writing use short writing and drawing tools such as broken crayons, golf pencils, Pip Squeak markers, short coloured pencils or small bits of chalk

Clay, therapy putty, Silly putty, play-doh, Sculpey, bread dough

Break off small pieces, then try rolling the putty or clay between the pads of the thumb and index finger to make small balls.

- flatten small balls by pinching them between the pads of the thumb and index finger
- starting with a larger round ball of putty or clay, form the thumb and index finger into a large round "C" shape, place the ball between the fingertips and try to pinch the fingers together.

Water play with spray bottles, water guns, squirt toys

- spray bottles: help water plants or spray the windows to clean, play with it in the bathtub, play outdoors in warm weather, add food colouring to make spray bottle pictures in the snow.
- water guns: outdoor summer fun as well as in the bathtub.
- small squirt toys, often look like fish or animals, encourage pinching with 1 or 2 fingers opposite the thumb

Bubble Pack

- pop the bubbles on large or small bubble pack by pinching with thumb and index finger or by pushing down on bubbles when sheet is placed on a hard surface.

Squeeze toys and materials

- foam balls, animals and shapes: alternate each finger pinching toward the thumb using the foam toy as resistance
- rubber balls
- bulb syringe or turkey baster to squirt water, or have a race by squeezing them to blow cotton balls and pompoms across a finish line.
- craft activities that require using bottles to squeeze: glue, glitter glue, puffy paint, fabric paint, etc.