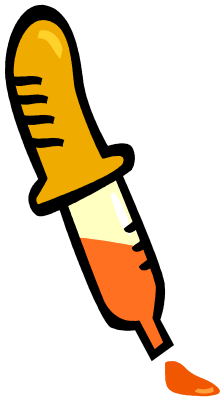
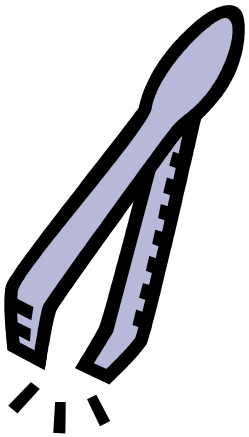
Parent Resource Centre

Delicate Touch

The ability to use different amounts of pressure

- Use both small tweezers and large tongs to pick up various objects without breaking or denting them (cornflakes, marshmallows)
- Use eye droppers to paint paper (coffee filters, tissue paper) and create a beautiful painting
- Line up dominos on their end or sides
- Release and count drops of water from an eye dropper one at a time





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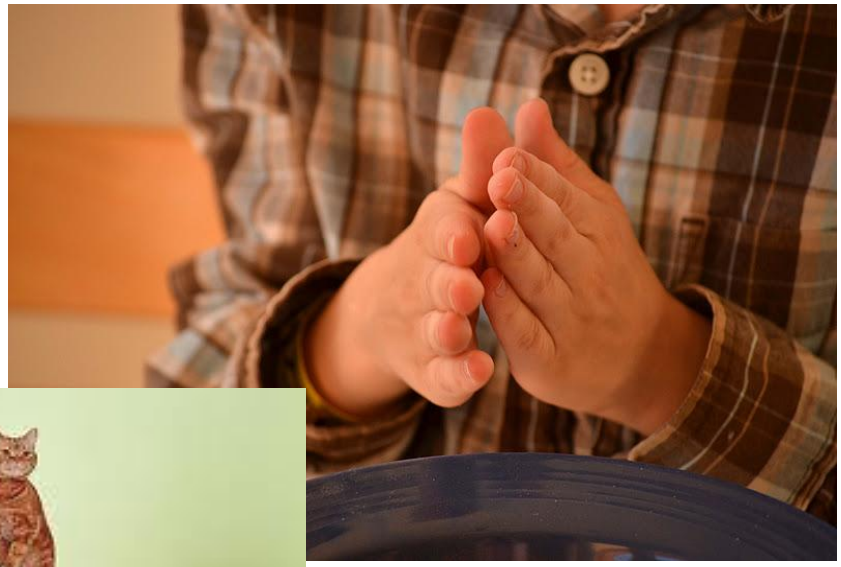
The Arches of the Hands

General hand development

- Roll small balls of play dough in the palm of the hand
- Roll a pair of dice with cupped hands
- Imitate animals walking



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Wrist Stability

Wrist strength

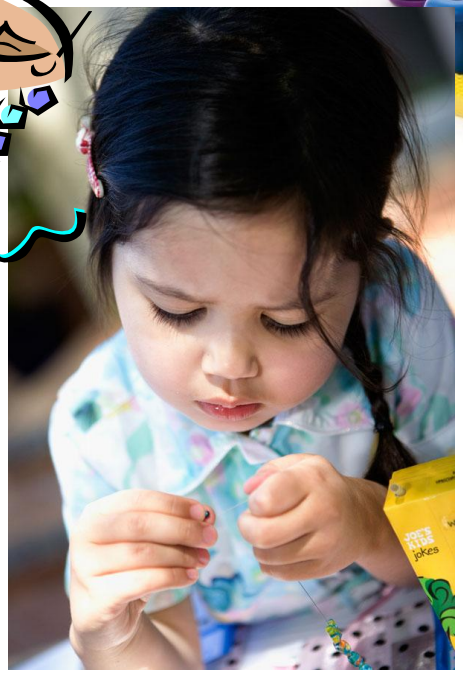
- Use a roller to flatten play dough
- Paint/draw/write on an inclined surface that is above eye level
- Use a rolling pin to flatten play dough, cracker crumbs, cookie dough, etc. and make sure that the hands are open rather than closed around the handles

Parent Resource Centre

Small Muscles of the Hand

Muscle strength

- Stretch elastics over pegs or insert pegs into a board
- String beads
- Wring out clothes or sponges

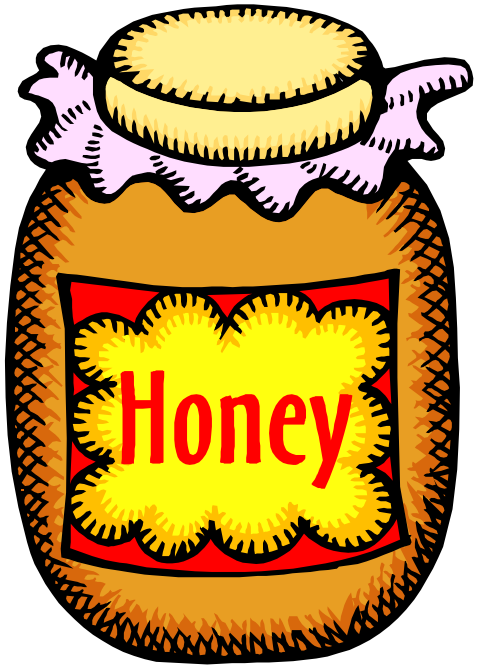


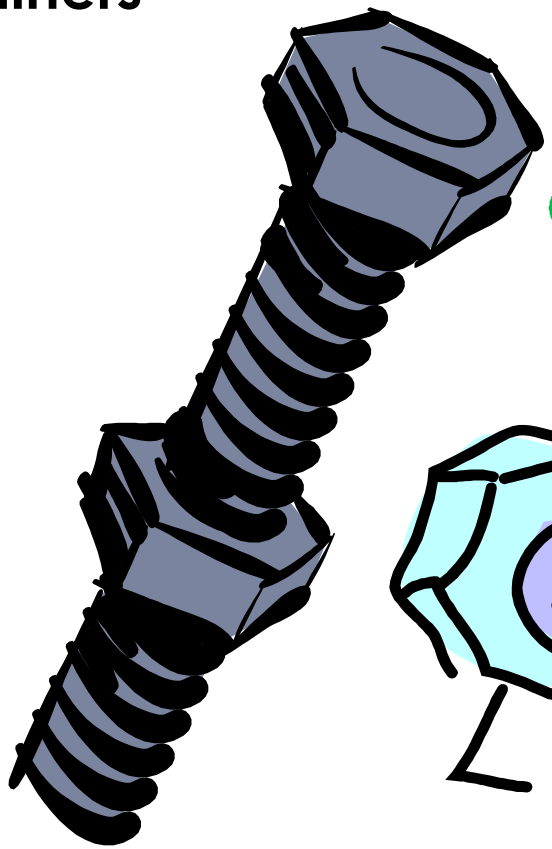
Parent Resource Centre

Precision of Rotation

Develop the ability to manipulate objects with fingertips

- Screw nuts and bolts together
- Open jars or containers
- Spin spinning tops





Separation of the Sides of the Hand

The ability to hold something in your hand while using your fingers

- Use a spray bottle to spray water in the tub or colored water on the snow
- Roll small balls of play dough with finger tips
- Sort various small objects into containers using thumb and index finger