



Hand Games

Writing/Cutting Tools

#14

Hand Games

BENEFITS

Hand games develop your hand muscles for using scissors, markers, and other writing tools. You are developing in-hand manipulation skills.

TO BEGIN

1. Gather the supplies needed (see below), and prepare your game area.
2. Have children stand, kneel, sit comfortably in their chairs or on their ball chairs.
3. Try these fun, one-handed games. They will make holding, cutting and writing easier.

HAND GAME LIST

***PINCER GRASP* to develop precision muscle function**

- Use an eye dropper to drop water one drop at a time on a plant or colored water into a jar.
- Pick up cotton balls or small things with tweezers.

***SHIFT* to be able to move the paper when cutting and to adjust a pencil when beginning to write**

- Take the cap off a pen with just one hand.
- Pick up a pencil with just one hand. Now walk up the pencil with your fingers to the eraser, turn the pencil around and with your fingers, walk up the pencil towards the point.
- Pretend you have chalk or sand on your fingers. Get it off by brushing the thumb across the fingers of just that hand. No shaking!

***FINGER TO PALM* to be able to manipulate and hold more than one object in one hand**

- Take coins from a purse, and move them with your fingers to your palm one at a time, using just that hand.

***ROTATION* to turn knobs and for opening a combination lock**

- Spin a small top or a jack.
- Make the hand sign for cookie.
- Twisting off and on a sports bottle cap.

***PALM TO FINGER* to be able to move objects in one's hand without dropping**

- Hold 4 or 5 pieces of popcorn in your hand. Feed yourself the popcorn bringing one piece at a time from your palm to your fingers, using just that hand.

Supplies needed:

This movement requires multiple supplies. To participate in all the games listed above you will need: eyedroppers, tweezers, pen with cap, chalk/sand, popped popcorn, pencil, coins, purse/container, food coloring, small jars/cups, small plant, cottonballs/ small candy, small top/jacks and sports bottle.