Activities to Facilitate Hand Muscle Development

Arts and Crafts

- Play dough or clay creations Tissue paper pictures
- Pebble, seed, rice, bean, cereal, toothpick, paper, or felt mosaics
- Collages
- Paper mache
- Crumpled newspaper stuffing for scarecrows or large items
- Nature or textured imprint pictures

Mathematics

- Matching, sorting, and sequencing small objects such as coins, buttons, poker chips, paper clips, stickers, and small pegs
- Cupping hands to shake and roll dice to create mathematical equations or play number games
- Rolling play dough into tiny balls to use as counters Using small flat objects as manipulative to help solve equations
- Playing bingo or equation bingo with bingo chips
- Feed coins to tennis ball with "mouth" cut out

Integrated Language Arts

- Illustrating stories using crayons, markers, pencils, chalk, a felt board and felt pieces, or finger puppet pets
- Forming letters using wax coated string, play dough, clay, or pipe cleaners
- Typing letters or words on a color-coded computer keyboard
- Write letters on clothespins and pin them to word cards.

Centers

- Using Magna Doodle
- Playing with Lite Brite
- Shaping, pinching, and searching for items in clay or Theraputty
- Lining up dominoes on their narrow end
- Picking up small, delicate items such as beans, com flakes or marshmallows with large tweezers
- String Games
- Containers - placing small objects
- Lacing Cards
- Manipulative - jacks, pegboards

Social Skill Development or Free Play

- Board Games - Playing Don't Spill the Beans, Bed Bugs, Kerplunk, Hi Ho Cherry Oh, Checkers, Perfector, Operation, Buggle, Jenga, etc.
- Playing cards Dressing dolls Completing puzzles
- Squirreling objects into the hand with the thumb, as in playing jacks
- Manipulative Games - Tinker Toys, Legos, Bristle Blocks, etc

Classroom Tasks

- Stapling paper
- Punching holes with a hand-held punch.
- Crumpling and throwing away trash
- Wringing out sponges for cleaning desks and black boards
- Using a spray bottle to water plants