



## FINGER ISOLATION

- **Sand Play** - draw patterns and pictures in the sand using different fingers to leave a trail. Tray can be filled with a variety of substances to provide different textured and amounts of resistance, e.g. rice, cornflour (and water), pasta shapes.
- **Playdough, Plasticine and Putty** - rolling, pressing, prodding, pushing, poking, squeezing, using different fingers.
- **Using isolated fingers to operate toys** - cash registers, toy telephones, pup-up toys, etc.
- **Finger Painting** - using different fingers in isolation, perhaps each with a different colour.
- **Finger Puppets** - reciting stories and rhymes, acting them out with finger puppets.
- **Bubble Wrap** - squashing the bubbles with individual fingers.
- **Finger Games and Rhymes** - matching fingers with someone else, finger lifting from the table, Peter Pointer, etc.
- **Keyboard and Piano Playing** - also good for strengthening.
- **Number hats** - holding up numbered fingers to answer simple questions in numeracy.
- **Move coins or counters** - move along a table using the fingertips.
- **Pointing** – Point to objects in a picture. ‘Find the…….’
- **Finger Skittles** - Knock down toy people or weeble dolls using finger tips.

## Early Years Support & Assessment Team (EYSAT)

- **Stickers** - Press stickers onto a page.
- **Frog Jumping Game** - frogs are pressed on the tail using the index finger.
- **Messy Play** - Mix cornflour and water and put into shallow trays. Alternatively spray a table top or wall with shaving foam and use as above.
- **Tracking** - follow a pattern pre-drawn on paper with individual fingers.
- **Dancing Dolls/People/Animals** - make card figures cutting out holes to push the finger through so as to represent legs or noses.