



Pincer Grip and Grasping

It is a good idea to 'warm up' before working on manual dexterity, by doing some shoulder stability work first. Movement control develops from the shoulders down to the finger joints. The following activities will help children to refine their movements whilst stabilising other parts of the body.

Ensure that the child is seated on a chair that allows their feet to rest flat on the floor when working on manual dexterity. The table should allow the child to rest their elbows comfortably, without raising the shoulders.

- **Sorting money:** Give the child a purse to keep coins in. Ask the child to take coins from the purse and put them into a moneybox. Play pretend shopping games.
- **Picking up objects, and putting down again:** Start off with quite large objects which are easy to grip, e.g. sponge, and then progress gradually to smaller harder ones.
- **Sorting Objects:** By size, shape, colour, etc. Gradually decrease in size.
- **Sorting into different containers.**
- **Wooden tray jigsaws.**
- **Building towers to pick up objects.**
- **Bubble wrap:** Squashing bubbles between thumb and first finger.
- **Clothes pegs and hair clips:** To fix on a variety of objects.
- **Pasta shapes:** Making pictures and collages.
- **Pegboards:** Make patterns and pictures.

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- **Constructional toy:** E.g. Lego, Sticklebricks.
- **Threading beads:** Start with fairly large beads and progress to smaller.
- **Turning keys, door knobs, etc.**
- **Holding pen, pencil:** The child removes and replaces caps on felt tip pens.
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- **Matchsticks and playdough:** Push hobbycraft matchsticks into a lump of playdough and pull out again.
- **Golf tees and Styrofoam:** Push golf tees into a block of Styrofoam and pull out again.