

All in the Hands

Clean up!!! Clean up!!!

- Wring the rag wiping the table
- Clothespin the rag
- Water bottle squirt on sidewalk chalk
- Sponge squeeze
- water squirters - blow feather or cotton ball



Squirreling

- Place 5 - 10 pennies in hand and have the child bring coins one at a time from palm of hand using thumb to index finger and thumb
- Mancala - use this game to squirrel by having child remove all the stones at one time and disperse among the "bowls"

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Scissor Fun

- Tongs
 - kitchen tongs to pick up pom poms, blocks
 - strawberry hullers to pick up small blocks, buttons
 - tweezer tongs to place pegs in board
 - olive grabbers to pick up beans, macaroni
 - ping pong balls in bathtub
- Tweezers
 - Scissor style or V shaped tweezers to pick up rice, popcorn
- Hole punch
 - punch holes in cardboard
 - lace holes
 - use finger hole punchers for shapes and then glue a design with the tiny shapes
 - Punch holes and then use scissors to cut from hole to hole
- Water squirters
 - Blow feathers or cotton balls
 - squeeze water in bucket
 - squeeze to blow blob of paint
- Trigger toys
 - water guns
 - reachers
- Scissors
 - cut cardstock
 - cut dot to dots
 - cut sandpaper

WRITING for Fun

- Sidewalk chalk - draw shapes, letters and diagonal patterns
- Clay tray - spread modeling clay in pan and use pencil to form letters
- Wikki stiki
 - form shapes and trace with each finger
 - form letters and trace with index finger
 - Place wiki stiki around picture before coloring
- wiggle pen
- colored glue
- short fat implements
- draw on textured surface (sandpaper, bumpy shelf paper)



Develop hand muscles

- eraser pick-up - using pencil top erasers in each hand, pick up small blocks and stack
- nuts and bolts
- put things in a Ziploc baggie and close
- meat baster/eye dropper to fill a cup or container with water
- clothespins

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