

OT Activities:

Improve Hand Skills:

improving wrist stabilization
developing hand arches
improving strength of hand muscles

ACTIVITIES – To improve hand skills:

Donkey Kick – shift weight
Write in vertical at eye level with writing tool
Work in vertical to do small manipulatives; lacing eye hooks, peg board, lite brite, magna doodle, coloring, painting, manipulating putty.
Rolling pin to flatten therapy putty, play dough

DEVELOPMENT OF HAND ARCHES:

ACTIVITIES – To improve hand arches:

Pinch small objects
Scrunch paper towel or newspaper under palm
Press round shaped object or toy into palm
Press open clothes pins
Find pennies hidden in therapy putty
Spider in the mirror game
up hands to roll dice
Turn over a row of pennies
Cut therapy putty or play dough with a plastic knife or small scissors
Pinch Ziploc bag to close

SEPARATION OF SKILL FROM POWER SIDE OF HAND:

ACTIVITIES – To improve separation of parts of the hand:

Squeeze trigger of 'spray bottle' to squirt water to clean off target on blackboard
Roll therapy putty between thumb and index finger or thumb to index and middle fingers
Snap fingers
'Squirrel' objects into palm of hand using only finger movements (use pennies, paper clips, small dice or tiny lite brite pegs
Play finger pattern games where child is instructed to lift/separate/bend /straighten fingers; Start by having child place both his hands on table to motor plan movements by moving finger in space.

Precision skills of intrinsics: (tiny muscles within the hand)

ACTIVITIES – To improve small muscles of the hand:

Oppose thumb with each finger tip
Tug of war with fingers using coffee stirrer and/or tongue depressor
Place pennies into small slot such as a piggy bank
Hold and pinch therapy putty or play dough

Wrap a rubber band or therapy putty around child's flexed fingers; as he/she straightens out fingers, spread fingers apart against resistance
Hold a flat book or tray from underneath on extended fingers; Balance something on top
Wring out small sponges

TRANSLATION MOVEMENTS:

ACTIVITIES – To improve individual finger use or isolation skills:

Lace through eye loop design board
Insert pegs into peg board placed in vertical
String beads
'Feed' or withdraw pipe cleaner, coffee stirrers, plastic lace into snug opening in cardboard or leather

ACTIVITIES TO IMPROVE/MODULATE DELICATE TOUCH:

Line up dominoes on their long, narrow side – Gently tap first one to see if all fall in sequence
Pick up fragile items with fingers/tweezers: cornflakes, mini-marshmallows, bits of foam, without breaking or denting them
Play pick up sticks using fingers or a magnet
Drop specific number of droplets of water from an eye dropper

ACTIVITIES TO IMPROVE AWARENESS OF BODY POSITION (KINESTHESIA) (without vision):

Weighted cuff, weighted vests
Heavy work – pick up heavy objects
Deep rubbing
Follow a path on top of a card, by using a magnet under the card to direct and move the marble on top through a maze
Stack poker chips; build a tower at midline without looking. Pile like colors to right and some other color on left of midline. See if child can build a 'striped' tower without vision.
Flippits – First with vision to judge distance of containers, then close eyes and try to gauge distance
Draw a vertical line at midline, on board. See if child is able to simultaneously hold a writing tool in each hand and make a series of straight, convex and concave lines from midline in an upward and outward pattern (Emphasize, rhythm, speed, and uniformity)

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