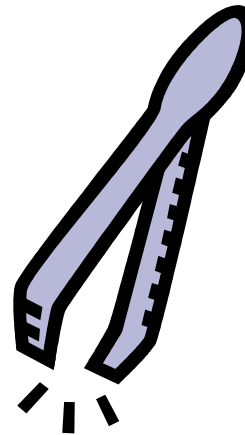
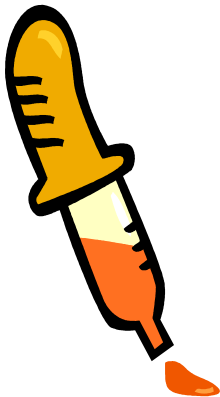


# Delicate touch

## The ability to use different amounts of pressure

- Use both small tweezers and large tongs to pick up various objects without breaking or denting them (cornflakes, marshmallows)
- Use eye droppers to paint paper (coffee filters, tissue paper) and create a beautiful painting
- Line up dominos on their end or sides
- Release and count drops of water from an eye dropper one at a time



# The aches of the Hands

## General hand development

- Roll small balls of play dough in the palm of the hand
- Roll a pair of dice with cupped hands
- Imitate animals walking



# Wrist Stability Wrist strength

- Use a roller to flatten play dough
- Paint/draw/write on an inclined surface that is above eye level
- Use a rolling pin to flatten play dough, cracker crumbs, cookie dough, etc. and make sure that the hands are open rather than closed around the handles



# Small muscles of the hand

## Muscle strength

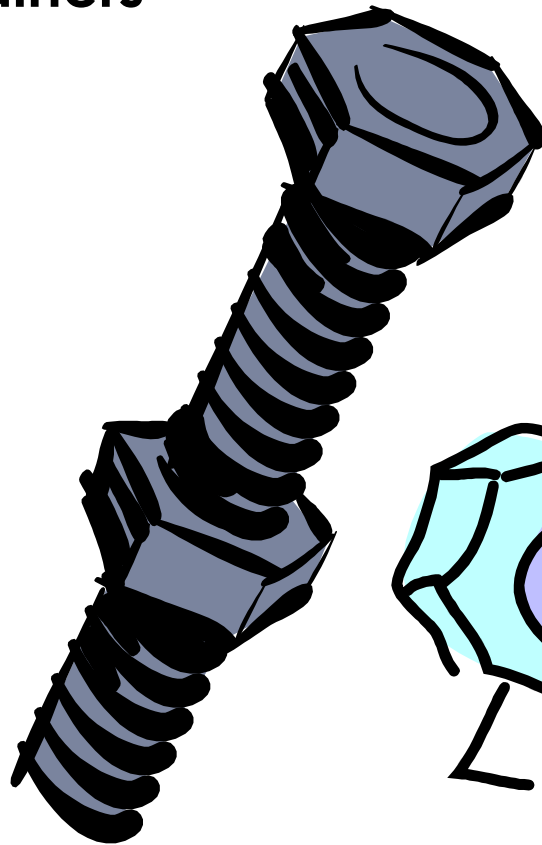
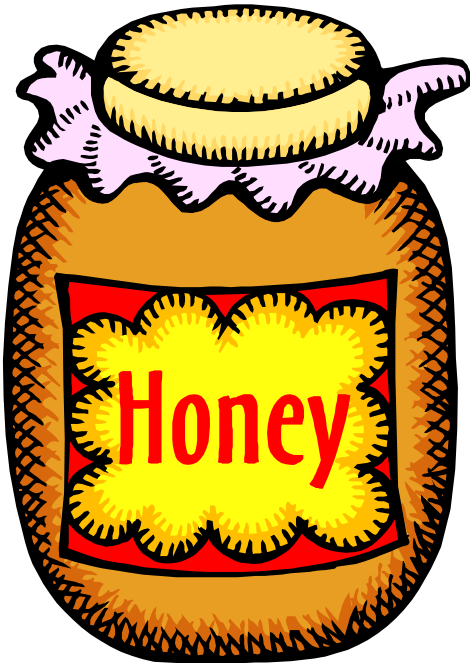
- Stretch elastics over pegs or insert pegs into a board
- String beads
- Wring out clothes or sponges



# Precision of rotation

## Develop the ability to manipulate objects with fingertips

- Screw nuts and bolts together
- Open jars or containers
- Spin spinning tops



# Separation of the sides of the hand

The ability to hold something in your hand while using your fingers

- Use a spray bottle to spray water in the tub or colored water on the snow
- Roll small balls of play dough with finger tips
- Sort various small objects into containers using thumb and index finger

