



FINGER GYM

Ideas of activities to help promote fine motor skills

- Finger crawlies – making a spider with your fingers, racing across the table
- Finger drumming – making a drumming sound using one or all fingers
- Finger lifts – with hand flat on the table raise an indicated finger
- Finger rhymes – ‘Two little dickey birds’, ‘Tommy thumb’, ‘1, 2, 3, 4, 5’



SHOULDERS

Activities to increase shoulder girdle strength and stability include:

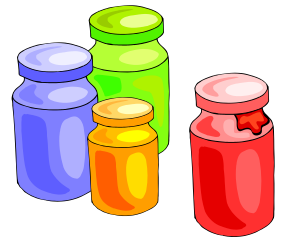
- Arm movements – making letters or numerals in the air
- Bendy toys – with arms outstretched, trying to pull the toy apart
- Chalk – using a board or an upright easel
- Dance streamers or Pom-poms – swirling and twirling in the air
- Dumbbells – picking up weighted plastic milk containers
- Foam hands – tracing patterns on the wall using a large foam hand
- Press ups – placing fingers against the wall
- Skipping rope – flicking the rope, making a snake or waves
- Water – pouring from different containers, with the arm(s) raised



ARMS

Activities to promote the development of arm strength include:

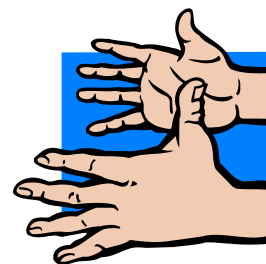
- Aeroplane – making a paper plane, throwing it in the air
- Baking – stirring or kneading biscuit mixture
- Boxes – taking the lids off differently sized boxes
- Fasteners – undoing and sticking together Velcro fasteners
- Jars – opening jars with lift-off or screw top lids
- Play dough – rolling, cutting, shaping into balls or a ring
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- Soft toy – rescuing a fallen toy by hoisting it up using string
- Stationery items – using a hole punch or stapler



- Templates – colouring over templates to make a rubbing
- Tray – carrying a small toy or items to help packing away

HANDS

Activities to promote using two-hands co-operatively:



- Bean bags – passing from hand to hand, placing in a container
- Clapping – playing games clapping slowly, fast, softly or loud
- Lego – building and constructing using bricks
- Hole punching – separate hands holding the paper and hole punch
- Lacing templates – threading a lace through the holes of a lacing board
- Linking elephants – joining items together progressing to linking camels
- Magnetic blocks – joining the blocks together, making shapes
- Popoids – pulling apart and re-joining the popoids to make a chain
- Paper clips - one hand holding the papers the other using a paper clip
- Paper tearing – tearing paper to make a collage picture
- Pipe cleaners / Wikki sticks – making letters or shapes
- Play dough – kneading the dough then using cutters or a rolling pin
- Scissors – for snipping and cutting activities
- Stapling – one hand holding the paper the other using the stapler
- Threading – using a lace to thread beads, bobbins, shapes, teddies
- Wind-up toys – one hand holding the toy, the other hand winding

ELBOWS

Activities to promote the use of the elbow:



- Hammer – hammering or removing nails or pins
- Musical instruments – playing a drum or xylophone
- Objects in a box – stretching to reach, then bending to release items

- Templates / textured surfaces – using a large rubbing action
- ## WRISTS



Activities to rotate the forearm, i.e. palm up or palm down:

- Balloon pump – holding the pump to inflate a balloon
- Beakers – playing games involving stacking, turning over
- Cups – pouring items from one to the other, e.g. pasta, sand, water
- Door knob – placing the palm on the front then turning
- Keys – using keys to lock to unlock toys, etc
- Musical activity centres – turning dials to start the music
- Playing cards – turning over cards, e.g. lotto, picture pairs, snap
- Wet cloths – wringing out a dish cloth or flannel
- Wind-up toys – winding up a Jack-in-the-box, racing car, etc
- Wrist rotation toys – making sounds by twisting the wrist

FINGERS

Activities to promote finger grip and pinch:

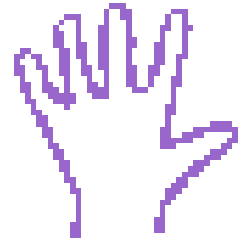
- BBQ tongs - picking up and moving small objects, e.g. bobbins, cubes
- Bull dog clips – holding together cards or papers
- Geo boards – pulling elastic bands to copy a shape, e.g. triangle
- Ice cream scoop – making castles using wet sand
- Paper clips – holding papers together or indicating part of the page
- Pegs – pegging out washing, making fun plates, fencing an animal
- Peg boards – lining up colours, copying a repeating pattern
- Play dough – making hedgehog spikes, rabbit ears, elephant's trunk
- Plastic milk containers – squeezing to blow feathers or a ping-pong ball



- Salad tongs– picking up and placing items in a container, e.g. beads
- Sponge balls – gripping, pinching or squeezing the ball
- Tea bag squeezers – picking up and placing pasta in a container
- Tweezers – picking up small items, e.g. counters, cards, game pieces

Activities to promote finger awareness / finger isolation:

- Bandage scrunching – unrolling a tight bandage to find a hidden toy
- Board games – using the index finger to push a counter
- Bubble wrap – using a finger and thumb to ‘pop’ the bubbles
- Connect four – picking up and posting the coloured discs
- Corn flour - making letters, patterns, pictures using the index finger
- Cutlery – using a knife for cutting or spreading
- Feely photo pots – poking a finger inside to feel the different textures
- Finger puppets – wearing puppets moving named characters
- Kerplunk – picking up and placing plastic cocktail sticks
- Hair band ‘escape’ – placing a band around two or three fingers, wiggling the fingers to remove it
- Musical instruments – castanets, piano, trumpet,
- Pop-up-pirate – picking up and placing swords in the pirate’s barrel
- Play dough plus peas / sweet corn – rolling small balls then squashing the corn or peas
- Playing cards – dealing the cards, shuffling the pack or picking up
- Telephone – dialling individual numbers
- Money box – posting coins into the slot
- Spinning tops – using fingers to twirl and start the top
- Table soccer – flicking the ball or the footballers
- Wet sand – making face shapes, poking eyes, writing letters



RESOURCES SUPPLIERS

Eastern Shires Purchasing Organisation (ESPO) ☎

0116 265 7878

www.espo.org

Barnsdale Way
Grove Park
Enderby
Leicester LE19 1ES

Early Learning Centre (ELC)

☎ 0116 262 5092 www.elc.co.uk

Shires Shopping Centre
High St
Leicester
LE1 4FQ

Learning Resources Ltd ☎

01553 762276

www.learningresources.co.uk

5 Merchants Close
Oldmedow Road
King's Lynn
Norfolk PE30 4JX

NES Arnold ☎ 0845 120

4525

www.hope-education.co.uk

Gregory Street
Hyde
Cheshire
SK14 4SG

Tobar Ltd

☎ 0870 429 4299

www.tobar.co.uk

St Margaret
Harleston
Norfolk
IP20 0TB

TTS Group Ltd ☎

0800 318 686

www.tts-group.co.uk

Nunn Brook Rd
Huthwaite
Nottinghamshire
NG17 2HU

Wilkinson (Wilko)

☎ 01162 624772

www.wilko.com

Epic House
2 Charles Street
Leicester
LE1 3JA

W H Smith

☎ various

www.whsmith.co.uk

Stores in many areas:
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Hinckley, Leicester, Loughborough
Market Harborough, Melton Mowbray