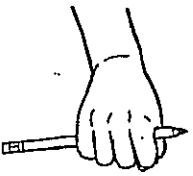
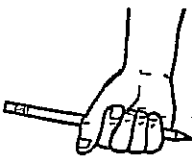


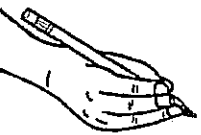
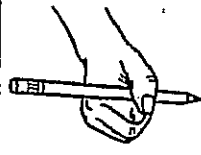

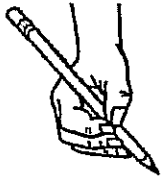
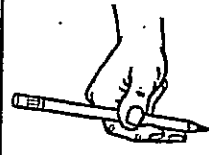



PENCIL GRASP DEVELOPMENT

Grasp Illustration	Mean Age
	3y 4m
	3y 8m
	3y 8m
	3y 10m
	3y 11m

Grasp Illustration	Mean Age
	4y 5m
	4y 5m
	4y 7m
	5y 2m
	5y 3m

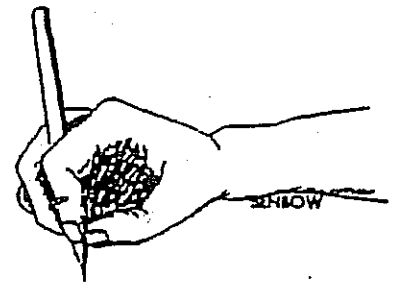
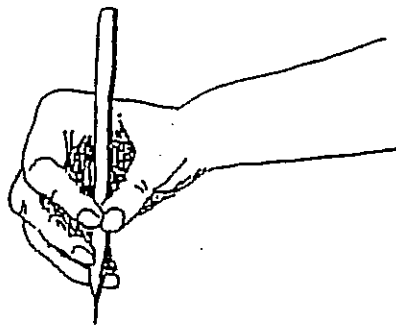
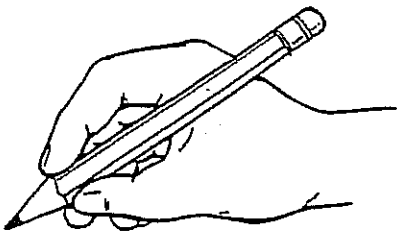
Pencil Grip

Pencil grip is important because it allows the fine movement necessary for writing. An atypical grip is not necessarily a predictor of poor handwriting. In judging whether a pencil grip is functional for writing, the following should be considered:

- Is handwriting legible and efficient?
- Are there stress points or tension within the hand, ie., white knuckles, torn paper, or broken pencils?
- Can the student comfortably maintain his or her grip to finish assignments?
- How much control does the grip give the student of the pencil?

Intervention to modify a student's grip may be warranted when handwriting results in muscular tension and fatigue or when writing proficiency, such as speed and legibility, is impeded. By the beginning of second grade it may be stressful and almost impossible to change a student's pencil grip.

There is more than one acceptable pencil grip. Below are diagrams of the most commonly used pencils grips:



Classroom strategies:

- Markers, pens and dry markers are easier for some children to use for writing because they glide over the surface with less friction than pencils. Try a variety of pencil shapes and sizes to see if a more comfortable grip can be achieved for the student.
- Pencil grippers sometimes provide a more secure grip that requires less pinch strength for maintaining the pencil in the hand.



SUGGESTED PLAY ACTIVITIES FOR FINE-MOTOR

FINE MOTOR LIST

Before engaging in any fine motor tasks, address postural stability, sensory processing, trunk and shoulder stability and co-contraction, visual motor and visual perceptual skills, hand function, etc. Once these areas have been addressed, try and use these different activities to address fine motor issues:

- Play dough, silly putty, or clay
- Shaving cream play
- Hide and then find tiny pegs, beads, marbles or coins in silly putty, play dough, or theraputty
- Chalk board/white board activities
- Tape paper to a flat wall surface for drawing or writing
- Make and complete mazes to draw or cut along
- Use coins to stack, sort, put in a container and balance on a pencil placed on the table
- Stretch a rubber band around distal end of fingers and stretch out
- Place a small dish (Altoids can work great) in fingertips. Rotate dish
- Use tweezers to pick up small toys and place in container
- Hold cosmetic wedge under the last two fingers to improve separation of radial and ulnar sides of the hand
- Reward chart: have a child place own tiny sticker in the correct square of the chart. The chart hangs on the door so there is a vertical component. After receiving a certain number of stickers, the child will get to go to the treasure box for a prize.
- Use small musical keyboard to work on individuation of digits
- Hold a small piece of crumpled Kleenex or small pom-pom to place under the child's ring and little fingers when writing
- Make necklaces with Fruit Loops
- Make candy sculptures. Use colored toothpicks and various soft candies to make creations
- Roll a small ball of modeling clay or putty. Use thumb, move it from palm to fingertips and from index to little fingers and back
- Using a flashlight or bulb, make hand shadows on a wall
- Stamp letters
- Crumple paper or tissues for art projects
- Play a game including a dice
- String games such as "cat's cradle"
- Chinese checkers
- Fold origami
- Spin small tops, twirl markers
- Jenga with tweezers to remove the pieces
- Outline their own handprint

- When playing a memory game with students, have one child pick up one card and the other child look for the match so they can work together and eliminate competition
- Pop bubble wrap
- Stack coins
- Using short pencil/crayon eliminates hooking of wrist as well as promoting pincer grasp
- Use two interlocking rubber bands. One goes around the wrist and the other wrapped a couple of times around the eraser end of the pencil
- Small wrist or hand weights
- Number 1 pencils have lead that uses less force
- Use clothespins to do finger pushups
- Tear pieces of construction paper and glue to make designs
- Do water color pictures
- Tic-tac-toe
- Water color pictures

ART RECIPES

FINGERPAINT: Mix one cup laundry starch with 1 cup cold water (do not use instant starch). Add 4 cups boiling water and cook until clear, stirring constantly. The mixture will not be as thick as the finished product. Add 1 cup soap flakes and ¼ cup talcum powder (optional). Beat with egg beater until smooth. This should give the desired consistency. Store in plastic container in refrigerator.

PLAY DOUGH: Mix together 4 cups flour, ¼ cup salt, and ¼ cup powdered tempera paint. Gradually add approximately 1 ½ cups water mixed with 1 tbsp oil. Keep kneading the mixture as you add the liquid. Add more water if too stiff, more flour if too sticky. Let children help with the mixing and measuring.

MODELING "GOOP": Stir 2 cups table salt and 2/3 cup water over low to medium heat for 4-5 minutes. Remove from heat. Mix 1 cup corn starch with ½ cup water and add to first mixture. Stir until smooth. Return mixture to low heat and continue to stir. The "Goop" will thicken quickly. This may be used for modeling and will not crumble when dry as some products tend to do when unfired. Objects like beads and colored macaroni may be added. Store unused portions in a plastic bag or airtight can.

CRAFT CLAY: Combine 1 cup corn starch, 2 cups baking soda (1 lb. box), and 1 ¼ cups water and cook until thickened to dough-like consistency. Turn mixture out on pastry board and knead. Cover with damp cloth or keep in plastic bag. Good for plaques and other "models" which can be painted when dry.

COOKED PLAY DOUGH: Combine 1 cup flour, ½ cup salt, and 2 tsp cream of tartar in a large saucepan. Gradually stir in 1 cup water mixed with 2 Tbsp oil and 2 tsp food coloring. Cook over medium to high heat, stirring constantly until a ball forms. Remove from heat and knead until smooth.

SILLY PUTTY: ½ part glue, ½ part liquid starch (add food coloring if you wish).

FINGER JELLO: For each packet of jello, cut water addition in half (only add hot water to dissolve jello). Mix, refrigerate until solid, cut into blocks or shapes using cookie cutters, etc.

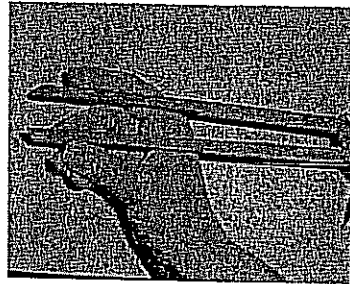
BUBBLES: 1 part liquid detergent (Dawn and Joy are best), 5 parts water (distilled is best), and 1 part glycerin (can be found in drug stores). Combine ingredients and only stir a little bit. Store in airtight container. Experiment with different kinds of wands, etc.

EDIBLE PLAY DOUGH: 2 cups powdered milk, ½ cup peanut butter, ½ cup honey. Mix well.

Having fun with Zoo Sticks/Fish Sticks

By Beth Thiers, OTR/L

- ❖ When using the Stick, make sure that children over 4 hold the Zoo stick like you would a pencil, 1st three fingers lying on the hand. Close to the end. As so:



- ❖ The Stick is used to strengthen hand muscles that are also used in writing and using scissors.
- ❖ Use the Stick to pick up objects such as cotton balls, sticky balls, beans, pegs, erasers, beads, etc.
- ❖ Hard small objects are harder to pick up than bigger soft ones. Start easy, work to hard.
- ❖ Games to play are placing objects in a container, sorting, counting, etc.
- ❖ Use Sticks to eat with, just clean-up after each use.
- ❖ More Zoosticks/ Fish Sticks may be ordered from the following catalogs:
 - Pocket Full of Therapy –
 - Website: www.pfot.com
 - Ph.no. 732-441-0404
 - lots of fun fine motor manipulative and sensorimotor toys
 - catalog available
 - Integrations –
 - Website: www.integrationscatalog.com
 - ph no. 800-850-8602
 - lots of fun fine motor manipulative and sensorimotor toys
 - catalog available