

Pencil Grasp

- Threading nuts and bolts (progress from large to small)
- Squeezing a trigger of a spray bottle with the index finger, while the other fingers stabilize the bottle
- Roll small balls of Play Doh between the thumb and index finger
- Complete activities that require weight bearing through open hands such as wheel barrel walking and imitating animal crawls
- Putting pennies into a piggy bank
- Open and close zip-lock bags using fingertips
- Play tug-of-war with small objects such as coffee stir sticks or plastic lacing
- String beads
- Insert pegs into a peg-board
- Play games and toys that involve grasping and squeezing things
- Drawing on chalk board/easel
- Position games and toys on a vertical surface
- Color with short/broken crayons
- Hold a small block, dice or coin under the ring and baby finger while printing
- Place a sticker, dot, etc. on the writing tool as a reminder when the index finger and thumb rest
- Use verbal cues such as “alligator fingers”

If you have any questions, please contact your Occupational Therapist.

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