

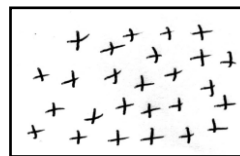
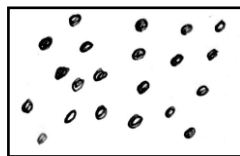


Distal Finger Control

Children begin to write using bigger whole arm/hand movements. They then need to be able to move their fingers (thumb and index), independently from the rest of the hand. These smaller movements of the hand will be important for the child for cursive writing.

Activities

- Roll out a piece of playdough and with a pencil go round and round to make a "crater".
- Roll out a piece of playdough and with a pencil make as many dots as you can within a set time.
- Roll out a piece of playdough and lay over the top a sheet of paper with dots on, then, with a pencil press through the paper into the playdough.
- On a piece of paper make as many dots or crosses as you can.



- Make spirals.



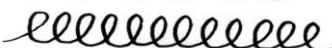
- Make fans.



- Make stars.



- Make rows of small patterns.



- Bubble wrap - how many can you pop with a pencil?

N.B. With all the activities encourage the child to **keep their wrist still on the table**. It may be necessary for an adult to apply some **gentle pressure to keep the wrist still**.

